

# STRETCHING

## DYNAMIC



⚠️ Consult a physician before starting any stretching regime. This chart is for informational purposes only.



SHOULDERS & UPPER BACK



CHEST



CORE & LOWER BACK



OBLIQUES



LOWER BACK



LOWER BACK, HIPS & HAMSTRINGS



CORE & LOWER BACK



LOWER BACK, HIPS & HAMSTRINGS



HIP ADDUCTORS, ABDUCTORS & GROIN



QUADRICEPS



CALVES

• 10-15 reps • Use full range of motion in smooth moves • Stop if you feel pain

# Dynamic Stretching Guide

**Clifford Lane**



## **Dynamic Stretching Guide:**

## Unveiling the Power of Verbal Beauty: An Mental Sojourn through **Dynamic Stretching Guide**

In a global inundated with screens and the cacophony of fast connection, the profound energy and psychological resonance of verbal artistry frequently diminish in to obscurity, eclipsed by the continuous onslaught of sound and distractions. Yet, set within the musical pages of **Dynamic Stretching Guide**, a interesting function of literary splendor that impulses with raw thoughts, lies an memorable journey waiting to be embarked upon. Written by a virtuoso wordsmith, that exciting opus courses readers on a mental odyssey, delicately revealing the latent possible and profound affect embedded within the intricate internet of language. Within the heart-wrenching expanse with this evocative analysis, we can embark upon an introspective exploration of the book is key subjects, dissect their fascinating publishing type, and immerse ourselves in the indelible impression it leaves upon the depths of readers souls.

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