

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

Frank D. Rosato



Dynamic Stretching Guide:

Whispering the Secrets of Language: An Emotional Journey through **Dynamic Stretching Guide**

In a digitally-driven earth where displays reign great and immediate interaction drowns out the subtleties of language, the profound secrets and mental subtleties concealed within words usually go unheard. Yet, situated within the pages of **Dynamic Stretching Guide** a captivating fictional treasure pulsing with organic thoughts, lies an exceptional journey waiting to be undertaken. Written by a talented wordsmith, this enchanting opus invites viewers on an introspective journey, delicately unraveling the veiled truths and profound affect resonating within the material of each and every word. Within the psychological depths with this touching evaluation, we shall embark upon a heartfelt exploration of the book's primary themes, dissect their charming publishing type, and succumb to the effective resonance it evokes heavy within the recesses of readers' hearts.

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