

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

M Woodhall



Dynamic Stretching Guide:

Unveiling the Energy of Verbal Beauty: An Psychological Sojourn through **Dynamic Stretching Guide**

In some sort of inundated with displays and the cacophony of quick connection, the profound energy and emotional resonance of verbal art often fade in to obscurity, eclipsed by the regular barrage of sound and distractions. However, nestled within the musical pages of **Dynamic Stretching Guide**, a interesting function of literary brilliance that pulses with natural thoughts, lies an remarkable journey waiting to be embarked upon. Written by a virtuoso wordsmith, this exciting opus guides readers on a psychological odyssey, lightly revealing the latent possible and profound influence embedded within the delicate web of language. Within the heart-wrenching expanse of the evocative examination, we will embark upon an introspective exploration of the book is main styles, dissect its captivating writing style, and immerse ourselves in the indelible impact it leaves upon the depths of readers souls.

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