

# 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, HIP'S & HAMSTRINGS



CORE & LOWER BACK



LOWER BACK, HIP'S & 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

**S Baum**



## **Dynamic Stretching Guide:**

## Adopting the Beat of Expression: An Psychological Symphony within **Dynamic Stretching Guide**

In some sort of consumed by screens and the ceaseless chatter of immediate transmission, the melodic splendor and emotional symphony developed by the published word usually disappear in to the background, eclipsed by the persistent sound and disruptions that permeate our lives. Nevertheless, located within the pages of **Dynamic Stretching Guide** a marvelous fictional value filled with natural thoughts, lies an immersive symphony waiting to be embraced. Crafted by a wonderful musician of language, this captivating masterpiece conducts visitors on a mental trip, well unraveling the hidden melodies and profound influence resonating within each carefully crafted phrase. Within the depths of the moving assessment, we will discover the book is central harmonies, analyze their enthralling publishing type, and submit ourselves to the profound resonance that echoes in the depths of readers souls.

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