

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

Poi Chan



Dynamic Stretching Guide:

Unveiling the Power of Verbal Artistry: An Emotional Sojourn through **Dynamic Stretching Guide**

In some sort of inundated with displays and the cacophony of instantaneous communication, the profound power and mental resonance of verbal art frequently diminish in to obscurity, eclipsed by the constant barrage of noise and distractions. However, located within the lyrical pages of **Dynamic Stretching Guide**, a captivating function of literary elegance that pulses with fresh emotions, lies an wonderful journey waiting to be embarked upon. Composed with a virtuoso wordsmith, this interesting opus courses viewers on a psychological odyssey, gently exposing the latent possible and profound influence embedded within the complex web of language. Within the heart-wrenching expanse of this evocative analysis, we shall embark upon an introspective exploration of the book is central themes, dissect their charming publishing model, and immerse ourselves in the indelible effect it leaves upon the depths of readers souls.

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