

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

RD Boyd



Dynamic Stretching Guide:

Whispering the Strategies of Language: An Psychological Quest through **Dynamic Stretching Guide**

In a digitally-driven earth where displays reign supreme and instant transmission drowns out the subtleties of language, the profound strategies and psychological subtleties hidden within phrases often move unheard. However, set within the pages of **Dynamic Stretching Guide** a interesting fictional value blinking with fresh feelings, lies an extraordinary journey waiting to be undertaken. Composed by a skilled wordsmith, that wonderful opus encourages visitors on an introspective trip, delicately unraveling the veiled truths and profound impact resonating within the very cloth of each and every word. Within the mental depths of this emotional review, we will embark upon a honest exploration of the book is primary subjects, dissect their fascinating writing style, and succumb to the strong resonance it evokes heavy within the recesses of readers hearts.

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