

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

Camilla Rothe



Dynamic Stretching Guide:

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

In a digitally-driven earth wherever displays reign great and immediate conversation drowns out the subtleties of language, the profound strategies and mental nuances hidden within words usually go unheard. However, set within the pages of **Dynamic Stretching Guide** a captivating literary prize pulsating with organic thoughts, lies an extraordinary journey waiting to be undertaken. Composed by an experienced wordsmith, this marvelous opus invites readers on an introspective journey, delicately unraveling the veiled truths and profound affect resonating within the cloth of each and every word. Within the psychological depths of this emotional evaluation, we can embark upon a honest exploration of the book is primary styles, dissect their charming writing model, and yield to the effective resonance it evokes deep within the recesses of readers hearts.

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