

# 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

**Didier Musso**



## **Dynamic Stretching Guide:**

## Enjoying the Tune of Term: An Emotional Symphony within **Dynamic Stretching Guide**

In a world used by displays and the ceaseless chatter of quick transmission, the melodic elegance and mental symphony created by the written term frequently fade into the backdrop, eclipsed by the constant sound and disturbances that permeate our lives. But, nestled within the pages of **Dynamic Stretching Guide** a wonderful literary treasure filled with fresh feelings, lies an immersive symphony waiting to be embraced. Constructed by an elegant musician of language, this captivating masterpiece conducts readers on a mental trip, skillfully unraveling the hidden tunes and profound impact resonating within each cautiously constructed phrase. Within the depths of this touching analysis, we shall investigate the book is central harmonies, analyze their enthralling writing model, and submit ourselves to the profound resonance that echoes in the depths of readers souls.

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