

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

RC Schank



Dynamic Stretching Guide:

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

In a world inundated with monitors and the cacophony of instantaneous transmission, the profound energy and psychological resonance of verbal beauty frequently disappear into obscurity, eclipsed by the constant onslaught of noise and distractions. However, set within the musical pages of **Dynamic Stretching Guide**, a charming function of literary brilliance that pulses with raw feelings, lies an unforgettable trip waiting to be embarked upon. Written with a virtuoso wordsmith, this interesting opus manuals readers on a psychological odyssey, delicately exposing the latent potential and profound impact stuck within the complicated web of language. Within the heart-wrenching expanse of the evocative analysis, we will embark upon an introspective exploration of the book's main subjects, dissect their interesting writing design, and immerse ourselves in the indelible effect it leaves upon the depths of readers' souls.

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