

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

J Dewey



Dynamic Stretching Guide:

Whispering the Techniques of Language: An Emotional Journey through **Dynamic Stretching Guide**

In a digitally-driven earth wherever screens reign great and instant connection drowns out the subtleties of language, the profound techniques and psychological subtleties concealed within phrases usually go unheard. However, situated within the pages of **Dynamic Stretching Guide** a charming fictional treasure pulsating with raw thoughts, lies an exceptional journey waiting to be undertaken. Written by a skilled wordsmith, that wonderful opus attracts visitors on an introspective journey, delicately unraveling the veiled truths and profound influence resonating within the cloth of every word. Within the mental depths of the moving review, we will embark upon a heartfelt exploration of the book's primary subjects, dissect their charming publishing design, and succumb to the powerful resonance it evokes deep within the recesses of readers' hearts.

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