

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

RM Cervero



Dynamic Stretching Guide:

Embracing the Melody of Term: An Mental Symphony within **Dynamic Stretching Guide**

In a world used by screens and the ceaseless chatter of immediate interaction, the melodic splendor and psychological symphony developed by the published term frequently diminish in to the back ground, eclipsed by the persistent noise and disruptions that permeate our lives. Nevertheless, nestled within the pages of **Dynamic Stretching Guide** a stunning literary treasure brimming with natural emotions, lies an immersive symphony waiting to be embraced. Crafted by an outstanding composer of language, this interesting masterpiece conducts readers on an emotional journey, well unraveling the concealed tunes and profound impact resonating within each carefully crafted phrase. Within the depths of the moving evaluation, we shall explore the book is key harmonies, analyze their enthralling writing fashion, and surrender ourselves to the profound resonance that echoes in the depths of readers souls.

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