

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

Simeon Margolis



Dynamic Stretching Guide:

Adopting the Beat of Expression: An Psychological Symphony within **Dynamic Stretching Guide**

In a global consumed by screens and the ceaseless chatter of instant conversation, the melodic beauty and emotional symphony produced by the prepared word usually disappear in to the backdrop, eclipsed by the constant sound and disruptions that permeate our lives. However, set within the pages of **Dynamic Stretching Guide** a wonderful literary treasure brimming with natural emotions, lies an immersive symphony waiting to be embraced. Constructed by a wonderful composer of language, that charming masterpiece conducts visitors on an emotional journey, well unraveling the hidden songs and profound influence resonating within each cautiously crafted phrase. Within the depths of this poignant examination, we will examine the book is central harmonies, analyze its enthralling publishing style, and surrender ourselves to the profound resonance that echoes in the depths of readers souls.

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