

# 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

**Werner W. K. Hoeger, Sharon A.  
Hoeger**



## **Dynamic Stretching Guide:**

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

In some sort of inundated with screens and the cacophony of immediate interaction, the profound energy and psychological resonance of verbal art usually diminish in to obscurity, eclipsed by the continuous barrage of noise and distractions. However, set within the lyrical pages of **Dynamic Stretching Guide**, a captivating perform of fictional beauty that pulses with organic thoughts, lies an unforgettable journey waiting to be embarked upon. Published by way of a virtuoso wordsmith, this exciting opus manuals readers on a psychological odyssey, delicately exposing the latent potential and profound influence embedded within the intricate internet of language. Within the heart-wrenching expanse of the evocative evaluation, we can embark upon an introspective exploration of the book is main themes, dissect their captivating writing fashion, and immerse ourselves in the indelible effect it leaves upon the depths of readers souls.

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