

# 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

**Simeon Margolis**



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mole

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web thus for reaction 9 2 in which 1 mole of  $\text{H}_2\text{SO}_4$  and 1 mole of  $\text{OH}^-$  combine to form 2 moles of  $\text{H}_2\text{O}$   $\Delta H = 55.8 \text{ kJ}$  as shown note that the enthalpy change  $\Delta H_{\text{products}} - \Delta H_{\text{reactants}}$  is positive if heat is absorbed that is if  $\Delta H_{\text{products}} > \Delta H_{\text{reactants}}$

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