

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

Ensheng Dong



Dynamic Stretching Guide:

Whispering the Strategies of Language: An Mental Quest through **Dynamic Stretching Guide**

In a digitally-driven earth where screens reign great and instant transmission drowns out the subtleties of language, the profound secrets and psychological nuances hidden within phrases usually move unheard. Yet, set within the pages of **Dynamic Stretching Guide** a fascinating fictional value sporting with raw feelings, lies an exceptional journey waiting to be undertaken. Published by a talented wordsmith, this enchanting opus encourages viewers on an introspective trip, lightly unraveling the veiled truths and profound impact resonating within ab muscles fabric of every word. Within the emotional depths of this emotional evaluation, we can embark upon a heartfelt exploration of the book is key themes, dissect its fascinating writing fashion, and yield to the strong resonance it evokes serious within the recesses of readers hearts.

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