

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

Powers, Lord Robbins



Dynamic Stretching Guide:

Whispering the Secrets of Language: An Emotional Journey through **Dynamic Stretching Guide**

In a digitally-driven world where screens reign supreme and instant interaction drowns out the subtleties of language, the profound techniques and psychological nuances hidden within phrases usually move unheard. Yet, nestled within the pages of **Dynamic Stretching Guide** a fascinating literary prize sporting with natural emotions, lies an extraordinary journey waiting to be undertaken. Written by a talented wordsmith, this charming opus attracts readers on an introspective journey, gently unraveling the veiled truths and profound influence resonating within the cloth of every word. Within the emotional depths of this touching review, we shall embark upon a honest exploration of the book is key styles, dissect their interesting publishing style, and succumb to the effective resonance it evokes deep within the recesses of readers hearts.

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