

# 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

**RM Cervero**



## **Dynamic Stretching Guide:**

## Whispering the Secrets of Language: An Psychological Quest through **Dynamic Stretching Guide**

In a digitally-driven world wherever monitors reign supreme and immediate interaction drowns out the subtleties of language, the profound secrets and psychological subtleties hidden within phrases frequently go unheard. Yet, nestled within the pages of **Dynamic Stretching Guide** a fascinating literary treasure sporting with fresh feelings, lies an extraordinary quest waiting to be undertaken. Composed by an experienced wordsmith, that marvelous opus attracts viewers on an introspective journey, lightly unraveling the veiled truths and profound impact resonating within the very fabric of every word. Within the psychological depths of the touching evaluation, we can embark upon a heartfelt exploration of the book is core subjects, dissect their captivating publishing type, and yield to the strong resonance it evokes deep within the recesses of readers hearts.

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