

# 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

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



## **Dynamic Stretching Guide:**

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

In a digitally-driven world where monitors reign supreme and immediate communication drowns out the subtleties of language, the profound secrets and emotional nuances hidden within phrases often move unheard. Yet, set within the pages of **Dynamic Stretching Guide** a charming fictional treasure sporting with fresh feelings, lies a fantastic quest waiting to be undertaken. Penned by a talented wordsmith, this charming opus encourages readers on an introspective trip, lightly unraveling the veiled truths and profound influence resonating within ab muscles cloth of each word. Within the emotional depths of the touching evaluation, we shall embark upon a sincere exploration of the book is core subjects, dissect their fascinating writing model, and yield to the effective resonance it evokes strong within the recesses of readers hearts.

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