

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

SJ Ball



Dynamic Stretching Guide:

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In a world eaten by monitors and the ceaseless chatter of immediate interaction, the melodic beauty and emotional symphony produced by the prepared word often diminish in to the background, eclipsed by the persistent sound and disturbances that permeate our lives. But, located within the pages of **Dynamic Stretching Guide** a charming literary prize filled with fresh emotions, lies an immersive symphony waiting to be embraced. Crafted by an outstanding composer of language, that fascinating masterpiece conducts readers on an emotional trip, skillfully unraveling the concealed songs and profound impact resonating within each cautiously constructed phrase. Within the depths with this poignant examination, we shall discover the book is central harmonies, analyze its enthralling writing model, and surrender ourselves to the profound resonance that echoes in the depths of readers souls.

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