

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, HIP'S & HAMSTRINGS



CORE & LOWER BACK



LOWER BACK, HIP'S & 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

William Josephus Robinson



Dynamic Stretching Guide:

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

In a digitally-driven world where screens reign supreme and instant connection drowns out the subtleties of language, the profound secrets and emotional nuances hidden within phrases often go unheard. Yet, situated within the pages of **Dynamic Stretching Guide** a captivating literary prize pulsing with fresh thoughts, lies an extraordinary quest waiting to be undertaken. Published by an experienced wordsmith, that marvelous opus invites readers on an introspective trip, softly unraveling the veiled truths and profound influence resonating within ab muscles cloth of every word. Within the emotional depths of the moving review, we can embark upon a heartfelt exploration of the book is core subjects, dissect its fascinating writing type, and succumb to the powerful resonance it evokes heavy within the recesses of readers hearts.

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