

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

**Gwen Robbins,Debbie Powers,Sharon
Burgess**

Dynamic Stretching Guide:

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

In a digitally-driven world wherever monitors reign supreme and instant communication drowns out the subtleties of language, the profound secrets and mental subtleties concealed within phrases frequently get unheard. Yet, set within the pages of **Dynamic Stretching Guide** a captivating literary treasure pulsing with organic thoughts, lies an extraordinary journey waiting to be undertaken. Written by a talented wordsmith, this enchanting opus encourages viewers on an introspective trip, softly unraveling the veiled truths and profound impact resonating within the cloth of every word. Within the emotional depths of this moving review, we can embark upon a honest exploration of the book is primary styles, dissect its charming publishing fashion, and fail to the powerful resonance it evokes deep within the recesses of readers hearts.

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