

# 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

**DJ Losen**



## **Dynamic Stretching Guide:**

## Unveiling the Energy of Verbal Beauty: An Mental Sojourn through **Dynamic Stretching Guide**

In a world inundated with displays and the cacophony of quick interaction, the profound power and mental resonance of verbal art often fade into obscurity, eclipsed by the regular onslaught of noise and distractions. However, located within the lyrical pages of **Dynamic Stretching Guide**, a captivating function of literary beauty that pulses with organic feelings, lies an wonderful journey waiting to be embarked upon. Composed with a virtuoso wordsmith, that exciting opus instructions readers on a psychological odyssey, delicately exposing the latent potential and profound influence stuck within the elaborate web of language. Within the heart-wrenching expanse of this evocative examination, we will embark upon an introspective exploration of the book is central styles, dissect its charming publishing fashion, and immerse ourselves in the indelible impression it leaves upon the depths of readers souls.

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