

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

JS Bruner



Dynamic Stretching Guide:

Enjoying the Melody of Expression: An Emotional Symphony within **Dynamic Stretching Guide**

In a global used by screens and the ceaseless chatter of immediate conversation, the melodic beauty and emotional symphony created by the published term usually disappear into the background, eclipsed by the persistent noise and interruptions that permeate our lives. Nevertheless, situated within the pages of **Dynamic Stretching Guide** a marvelous fictional prize overflowing with raw feelings, lies an immersive symphony waiting to be embraced. Crafted by a masterful musician of language, this captivating masterpiece conducts visitors on a psychological journey, well unraveling the concealed tunes and profound affect resonating within each carefully constructed phrase. Within the depths of the moving review, we shall investigate the book is key harmonies, analyze its enthralling writing fashion, and surrender ourselves to the profound resonance that echoes in the depths of readers souls.

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