

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

CL Gary



Dynamic Stretching Guide:

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

In a digitally-driven earth where screens reign great and immediate interaction drowns out the subtleties of language, the profound secrets and psychological nuances hidden within phrases often get unheard. Yet, set within the pages of **Dynamic Stretching Guide** a fascinating fictional prize pulsing with organic feelings, lies an extraordinary journey waiting to be undertaken. Written by a talented wordsmith, this enchanting opus invites viewers on an introspective journey, softly unraveling the veiled truths and profound impact resonating within ab muscles cloth of each word. Within the psychological depths of this poignant evaluation, we can embark upon a sincere exploration of the book is primary subjects, dissect their fascinating writing model, and succumb to the effective resonance it evokes deep within the recesses of readers hearts.

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