

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 Phrase: An Psychological Symphony within **Dynamic Stretching Guide**

In a world used by monitors and the ceaseless chatter of immediate transmission, the melodic elegance and emotional symphony created by the written word usually disappear into the background, eclipsed by the relentless noise and interruptions that permeate our lives. However, nestled within the pages of **Dynamic Stretching Guide** a wonderful fictional prize full of natural feelings, lies an immersive symphony waiting to be embraced. Constructed by a masterful musician of language, this fascinating masterpiece conducts readers on an emotional journey, well unraveling the concealed songs and profound affect resonating within each cautiously constructed phrase. Within the depths of the touching analysis, we shall investigate the book is central harmonies, analyze their enthralling writing type, and surrender ourselves to the profound resonance that echoes in the depths of readers souls.

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