

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

Chris Verna, Steve Hosid



Dynamic Stretching Guide:

The Johns Hopkins Medical Guide to Health After 50 Simeon Margolis, 2002 This book is the only authoritative consumer guide specifically aimed at the health concerns of people over 50 **The Complete Idiot's Guide to Healthy Stretching** Chris Verna, Steve Hosid, 1998 Guide to stretching exercises that can be done at home in the car at work or nearly anywhere Geological Guide-book for an Excursion to the Rocky Mountains Samuel Franklin Emmons, 1894

Course Integrator Guide for a Wellness Way of Life Powers, Lord Robbins, 2001-07 *The Gambetta Method* Vern Gambetta, Gambetta Sports Training Systems, Incorporated, 1998 **Journal of Human Movement Studies** , 2005

Aerobics Instructor Manual Richard Thomas Cotton, Robert Lewis Goldstein, 1993 Suitable both for people setting out to be instructors and for seasoned professionals this resource provides a guide to the scientific instructional and professional knowledge required of group fitness instructors Chapters include exercise physiology fundamentals of anatomy biomechanics and applied kinesiology nutrition and weight control health screening fitness testing and aerobic programming teaching an aerobic class special populations and health concerns exercise and pregnancy musculoskeletal injuries emergency procedures and legal and professional responsibilities **Ninjutsu** Masaaki Hatsumi, 1981 This is the only book on the art of ninjutsu written by Dr Masaaki Hatsumi the 34th generation leader of the togakure ryu ninjutsu tradition This best seller contains training and fighting secrets known only to the ninja of ancient Japan *National Physical Therapist Assistant*

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