

# 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, HIP'S & HAMSTRINGS



CORE & LOWER BACK



LOWER BACK, HIP'S & 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

**Sebastian Brünink**



## **Dynamic Stretching Guide:**

## Whispering the Strategies of Language: An Psychological Quest through **Dynamic Stretching Guide**

In a digitally-driven earth wherever displays reign great and quick connection drowns out the subtleties of language, the profound secrets and mental nuances hidden within phrases usually go unheard. However, located within the pages of **Dynamic Stretching Guide** a captivating fictional prize blinking with raw thoughts, lies a fantastic journey waiting to be undertaken. Written by a talented wordsmith, this wonderful opus invites viewers on an introspective trip, delicately unraveling the veiled truths and profound affect resonating within the cloth of every word. Within the psychological depths with this emotional evaluation, we will embark upon a sincere exploration of the book is core subjects, dissect their interesting writing type, and succumb to the strong resonance it evokes serious within the recesses of readers hearts.

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