

Before and After

# Basketball

Approximately 12 Minutes



5 times  
each direction



10 seconds  
each side



20 seconds



30 seconds



20 seconds



30 seconds



30 seconds



3 times  
5 seconds each



25 seconds  
each side



20 seconds  
each leg

# Dynamic Stretching Basketball

**Sabine Zange**

A decorative graphic element consisting of a light blue horizontal bar with a rounded right end, and a red circular glow behind it.

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