

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

D Kirk



Dynamic Stretching Guide:

Adopting the Beat of Term: An Psychological Symphony within **Dynamic Stretching Guide**

In some sort of used by displays and the ceaseless chatter of immediate communication, the melodic splendor and psychological symphony created by the prepared word usually diminish into the back ground, eclipsed by the constant noise and disruptions that permeate our lives. Nevertheless, set within the pages of **Dynamic Stretching Guide** a marvelous fictional treasure filled with raw emotions, lies an immersive symphony waiting to be embraced. Constructed by an elegant composer of language, this fascinating masterpiece conducts visitors on a psychological trip, skillfully unraveling the concealed tunes and profound influence resonating within each cautiously crafted phrase. Within the depths of this emotional review, we will investigate the book is central harmonies, analyze its enthralling writing fashion, and submit ourselves to the profound resonance that echoes in the depths of readers souls.

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