

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

RM Cervero



Dynamic Stretching Guide:

Whispering the Secrets of Language: An Emotional Quest through **Dynamic Stretching Guide**

In a digitally-driven world where displays reign great and instant interaction drowns out the subtleties of language, the profound strategies and emotional nuances hidden within words frequently move unheard. However, situated within the pages of **Dynamic Stretching Guide** a interesting fictional value pulsating with fresh feelings, lies an extraordinary journey waiting to be undertaken. Penned by a skilled wordsmith, that charming opus attracts visitors on an introspective journey, lightly unraveling the veiled truths and profound influence resonating within the very fabric of each word. Within the mental depths of the poignant review, we shall embark upon a heartfelt exploration of the book is core styles, dissect their interesting writing model, and succumb to the powerful resonance it evokes serious within the recesses of readers hearts.

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