

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

Shasha Hu



Dynamic Stretching Guide:

Adopting the Melody of Term: An Emotional Symphony within **Dynamic Stretching Guide**

In a world eaten by screens and the ceaseless chatter of immediate conversation, the melodic splendor and mental symphony created by the published word frequently fade into the backdrop, eclipsed by the relentless sound and disruptions that permeate our lives. Nevertheless, situated within the pages of **Dynamic Stretching Guide** a charming fictional treasure brimming with organic thoughts, lies an immersive symphony waiting to be embraced. Crafted by a masterful composer of language, that captivating masterpiece conducts visitors on an emotional trip, well unraveling the hidden songs and profound influence resonating within each carefully crafted phrase. Within the depths of the moving assessment, we will investigate the book is key harmonies, analyze their enthralling writing type, and surrender ourselves to the profound resonance that echoes in the depths of readers souls.

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