

# 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

**Ying-Ying Zheng**



## **Dynamic Stretching Guide:**

## Unveiling the Power of Verbal Art: An Mental Sojourn through **Dynamic Stretching Guide**

In a world inundated with displays and the cacophony of instant conversation, the profound energy and emotional resonance of verbal artistry frequently diminish into obscurity, eclipsed by the continuous onslaught of noise and distractions. However, situated within the lyrical pages of **Dynamic Stretching Guide**, a captivating work of literary elegance that impulses with organic thoughts, lies an memorable journey waiting to be embarked upon. Penned by way of a virtuoso wordsmith, that mesmerizing opus books readers on a psychological odyssey, softly revealing the latent potential and profound influence stuck within the delicate internet of language. Within the heart-wrenching expanse of the evocative evaluation, we will embark upon an introspective exploration of the book is key styles, dissect their charming publishing fashion, and immerse ourselves in the indelible impact it leaves upon the depths of readers souls.

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