

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, HIP'S & HAMSTRINGS



CORE & LOWER BACK



LOWER BACK, HIP'S & 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

Karin Nielsen-Saines



Dynamic Stretching Guide:

Embracing the Track of Expression: An Mental Symphony within **Dynamic Stretching Guide**

In some sort of eaten by monitors and the ceaseless chatter of instantaneous conversation, the melodic elegance and emotional symphony created by the published word often fade into the background, eclipsed by the constant sound and distractions that permeate our lives. However, located within the pages of **Dynamic Stretching Guide** a charming fictional prize filled with organic emotions, lies an immersive symphony waiting to be embraced. Constructed by an elegant musician of language, this fascinating masterpiece conducts viewers on a psychological journey, skillfully unraveling the concealed melodies and profound impact resonating within each cautiously crafted phrase. Within the depths of the poignant review, we will explore the book is key harmonies, analyze their enthralling writing model, and submit ourselves to the profound resonance that echoes in the depths of readers souls.

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