

# 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

**Zhe Xu**



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and just started rolling dice and it started making a little sense no extra rules no penalties just roll dice and get the flow

down no line changes just tried to get the flow down

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web defense rating 5 add 3 to the play result defense rating 4 add 2 to the play result defense rating 3 add 1 to the play

result defense rating 2 do not change the result defense rating 1 subtract 1 from the play result defense rating 0 position

empty subtract 2 from the play result remember in these instances not to leave the 1 7 or

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pre compute odai if using 5 then you can compute the total defense points for each pairing and note them on an index card

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capabilities like playing time propensity to shoot shooting percentage forechecking physical play

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