

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

RS Peters



Dynamic Stretching Guide:

Embracing the Beat of Expression: An Emotional Symphony within **Dynamic Stretching Guide**

In a world consumed by screens and the ceaseless chatter of instant conversation, the melodic elegance and mental symphony produced by the published word usually disappear into the back ground, eclipsed by the relentless sound and disturbances that permeate our lives. Nevertheless, located within the pages of **Dynamic Stretching Guide** a charming fictional value brimming with raw emotions, lies an immersive symphony waiting to be embraced. Crafted by an elegant musician of language, this fascinating masterpiece conducts visitors on an emotional journey, well unraveling the hidden songs and profound affect resonating within each carefully constructed phrase. Within the depths of the touching analysis, we can explore the book is key harmonies, analyze its enthralling publishing design, and submit ourselves to the profound resonance that echoes in the depths of readers souls.

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