

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

RD Boyd

A red circular graphic with a gradient, appearing as a stylized arrow or a partial circle, located to the right of the author's name.

Dynamic Stretching Guide:

Embracing the Song of Term: An Psychological Symphony within **Dynamic Stretching Guide**

In a world consumed by monitors and the ceaseless chatter of instant connection, the melodic splendor and mental symphony created by the prepared word often fade in to the backdrop, eclipsed by the constant sound and distractions that permeate our lives. Nevertheless, nestled within the pages of **Dynamic Stretching Guide** a stunning fictional value filled with organic thoughts, lies an immersive symphony waiting to be embraced. Crafted by an elegant composer of language, that interesting masterpiece conducts viewers on an emotional trip, skillfully unraveling the hidden songs and profound influence resonating within each carefully constructed phrase. Within the depths with this moving evaluation, we will examine the book is central harmonies, analyze its enthralling publishing type, and submit ourselves to the profound resonance that echoes in the depths of readers souls.

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