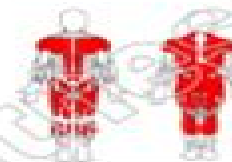


STRETCHING

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

**Werner W. K. Hoeger, Sharon A.
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web aug 28 2019 a jazz pianist performer and composer fats waller was born on may 21 1904 in new york city he achieved extraordinary fame as a jazz artist when the music form was still fledgling he used comedy to appeal to the masses writing hit songs such as ain t misbehavin and appearing in the 1943 film stormy weather

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web oct 25 2023 fats waller born may 21 1904 new york city new york u s died december 15 1943 kansas city missouri u s american pianist and composer who was one of the few outstanding jazz musicians to win wide commercial fame though this was achieved at a cost of obscuring his purely musical ability under a cloak of broad comedy