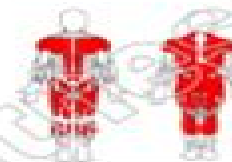


STRETCHING

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

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Poi Chan

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.

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The Johns Hopkins Medical Guide to Health After 50 Simeon Margolis, 2002 This book is the only authoritative consumer guide specifically aimed at the health concerns of people over 50

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done at home in the car at work or nearly anywhere

Geological Guide-book for an Excursion to the Rocky Mountains Samuel Franklin Emmons, 1894

Course Integrator Guide for a Wellness Way of Life Powers, Lord Robbins, 2001-07

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