

# 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

**AN Whitehead**



## **Dynamic Stretching Guide:**

**The Complete Guide to Stretching** Christopher M. Norris, 2015-11-05 A reasonable level of flexibility is essential to the healthy functioning of joints and muscles which in turn facilitates performance and reduces the risk of injury Now in its 4th edition The Complete Guide to Stretching provides an accessible overview of the scientific principles that underpin this form of training and offers more than 70 exercises designed to safely increase range of motion right across the body The Complete Guide to Stretching is the definitive practical handbook for Sports participants and recreational exercisers who are keen to achieve a level of flexibility that will enhance their performance Sports coaches and fitness instructors who are seeking a thorough understanding of the principles and practice of this often neglected component of physical fitness Sport and exercise therapists who use stretching as an important part of a balanced rehabilitation programme Full colour photographs demonstrate the stretches throughout

**The Complete Guide to Personal Training: 2nd Edition** Morc Coulson, 2018-09-06 A revised and updated second edition of the popular Complete Guide to Personal Training Expertly written and suitable for anyone working as or training to be a Personal Trainer This is a complete reference guide for fitness professionals who prescribe exercise programmes to clients This guide contains practical tips for designing a range of appropriate client exercise programmes Importantly it focuses on the best ways you can sustain a financially successful business in this area and how you can stand out from the crowd It includes The foundations of personal training Planning and delivering exercise programmes Training methods and exercise techniques Nutrition Health and safety Setting up marketing and growing a successful business The book also includes all Level 3 requirements detailed within the Health and Fitness National Occupational Standards and the Qualifications Framework relating to personal training and has been awarded 3 CPD points by the Register of Exercise professionals

[The Complete Guide to Personal Training](#) Morc Coulson, 2014-10-09 A complete reference guide for anyone involved in prescribing exercise programmes for personal training clients The Complete Guide to Personal Training also covers all of the Level 3 requirements detailed within the Health and Fitness National Occupational Standards and the Qualifications Framework pertaining to personal training and provides the theoretical underpinning of how to programme appropriate exercise for your clients Includes information on The foundations of personal training Planning and delivering exercise programmes Training methods and exercise techniques this enhanced epub also contains nine videos of key exercises Nutrition Health and safety The book contains practical tips for designing a range of appropriate client exercise programmes but always with a focus on the best ways you can sustain a business in this area and how you can stand out from the crowd It is deal for personal trainers in the health and fitness industry as well as those wishing to undertake qualifications in this area

**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

**The Complete Idiot's Guide to Healthy Stretching** Chris Verna, Steve Hosid, 1998 Guide to stretching exercises that

can be 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

*Ninjutsu* Masaaki Hatsumi,1981 This is the only book on the art of ninjutsu written by Dr Masaaki Hatsumi the 34th generation leader of the togakure ryu ninjutsu tradition This best seller contains training and fighting secrets known only to the ninja of ancient Japan

*The Gambetta Method* Vern Gambetta,Gambetta Sports Training Systems, Incorporated,1998

**Journal of Human Movement Studies** ,2005

**The Complete Iron Palm** Brian Gray,1989 Brian Gray one of the world s foremost authorities on iron palm philosophy and technique takes you through every phase of this method Learn conditioning techniques breathing exercises and actual iron palm strikes He ll also show you how to tell the difference between the legitimate iron palm practitioner and the fraud who uses gimmicks and sleight of hand to perform breaking feats After studying this book Gray promises you ll be able to slap through concrete with the center of your palm

**Get Fit, Stay Fit** William E. Prentice,2007 This text is designed for students with little or no background in developing a personal fitness programme Topics covered include principles of cardiorespiratory fitness muscular strength and endurance flexibility and limiting body fat

**Aerobics Instructor Manual** Richard Thomas Cotton,Robert Lewis Goldstein,1993 Suitable both for people setting out to be instructors and for seasoned professionals this resource provides a guide to the scientific instructional and professional knowledge required of group fitness instructors Chapters include exercise physiology fundamentals of anatomy biomechanics and applied kinesiology nutrition and weight control health screening fitness testing and aerobic programming teaching an aerobic class special populations and health concerns exercise and pregnancy musculoskeletal injuries emergency procedures and legal and professional responsibilities

**Fatal Flute and Stick Forms** Poi Chan,1985 The kung fu masters of old China knew that the flute a simple musical instrument was one of the most deadly weapons of all time The same held true for the staff In the hands of a master these simple weapons could destroy an enemy In this book renowned master Chan Poi teaches the techniques forms and principles of combat that meet the demands of today s self defense

**Principles and Labs for Physical Fitness** Werner W. K. Hoeger,Sharon A. Hoeger,2003-04

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