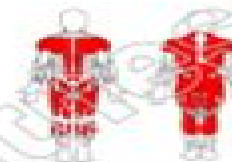


STRETCHING

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

Morc Coulson

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 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 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 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 Guide to a Dynamic Body* Karen

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Course Integrator Guide for a Wellness Way of Life Powers, Lord Robbins, 2001-07 **Study Guide to Accompany Occupational Therapy for Physical Dysfunction** Mary Ann Bush, 1989 **Instructor's Resource Guide to Accompany Fit and Well** Rob Schurrer, Thomas D. Fahey, 1994 Instructors resource guide to accompany textbook of same title Donated by Mr Lewis 6 96 **A Fit and Well Way of Life** Gwen Robbins, Debbie Powers, Sharon Burgess, 2008 **Journal of Human Movement Studies**, 2005 **The Gambetta Method** Vern Gambetta, Gambetta Sports Training Systems, Incorporated, 1998 **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

Guide to Pediatric Physical Therapy: A Clinical Approach Martha Bloyer, Tricia Catalino, Eric Shamus, Cindy Miles, 2025-01-10 Everything you need to know to perform safe effective physical therapy on babies children and teens Guide to Pediatric Physical Therapy provides pedagogy from top experts in the field to help you master the practice of PT for kids This dynamic easy to follow resource is filled with cases that help you apply concepts to real world situations along with art and illustrations that reinforce what you have learned Each chapter opens with a case which is followed by two or three additional cases presented as boxed features Critical information is presented in tables particularly effective in helping you quickly digest key concepts With more than 75 collective years teaching pediatric physical therapy this author team are masters of the subject matter and know how today's students prefer to learn Key tables highlight high yield information Each case study is followed by open ended questions for to consider Chapter summaries are presented in bullet form to make learning easy and quick Q A following summaries are written in NPTE Exam format

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