

Before and After

Basketball

Approximately 12 Minutes



5 times
each direction



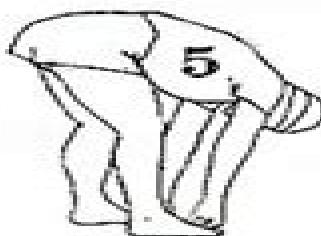
10 seconds
each side



20 seconds



30 seconds



20 seconds



30 seconds



30 seconds



3 times
5 seconds each



25 seconds
each side



20 seconds
each leg

Dynamic Stretching Basketball

**National Basketball Conditioning
Coaches Association**

Dynamic Stretching Basketball:

Discover tales of courage and bravery in Crafted by is empowering ebook, Stories of Fearlessness: **Dynamic Stretching Basketball**. In a downloadable PDF format (*), this collection inspires and motivates. Download now to witness the indomitable spirit of those who dared to be brave.

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