

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

Michal Rosen-Zvi

A red circular graphic with a gradient, appearing as a semi-circle or a partial circle, located to the right of the author's name.

Dynamic Stretching Basketball:

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