

Before and After

# Basketball

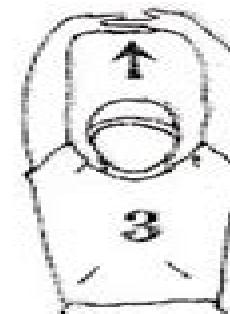
Approximately 12 Minutes



5 times  
each direction



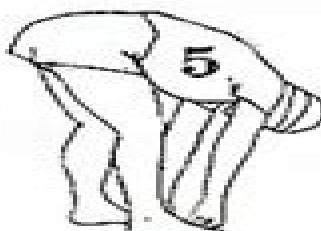
10 seconds  
each side



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

**L Cohen**

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