

Ebook free Zumba total body stretch guide .pdf

learn how to do dynamic and static stretches for different muscle groups and times of the day stretching can help you avoid injuries improve circulation and reduce pain and stiffness stretching exercises can help increase flexibility promote recovery and prevent injury post workout stretching when your muscles are warm has multiple benefits including greater flexibility stress relief recovery and reduced soreness welcome to your 15 minutes full body stretching routine this short and well balanced sequence provides you with everything you need to get your daily dose of flexibility mobility relaxation learn how to improve your flexibility mobility and biomechanics with a daily full body stretching program find out the best time hold and frequency of static stretching and follow the graphic and chart with index for easy reference learn how to do a daily full body stretch routine and variations for different needs such as hip flexibility and runner s injury prevention stretching can improve your range of motion reduce pain and lower the risk of injuries bottom line daily stretch routine that targets the whole body neck cervical circles cervical circles or neck circles are a great place to start when it comes to a full body stretch routine this will help loosen up the neck and is a great way to combat tech neck and sitting at a desk all day

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