

The 2 Types of Stretches



Dynamic Stretch

- Active / Moderate
- Controlled, repetitive movements
- Increase heart rate before workout
- Helps loosen muscles
- Targets several muscles groups at once

Static Stretch

- Stationary / Gentle
- Each stretch held for at least 30 seconds
- Slows heart rate down after workout
- Loosens muscles
- Targets one muscle group at a time

Any Body Can Stretch A Visual Approach

Clemens Wendtner



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