

Before and After

Basketball

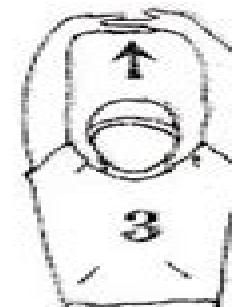
Approximately 12 Minutes



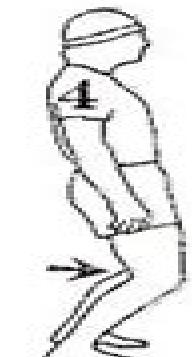
5 times
each direction



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

Edward J. Shahady, Michael J. Petrizzi

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