

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**

A red circular graphic with a gradient, appearing as a stylized arrow or a partial circle, located to the right of the authors' names.

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