

# **Dynamic Strength By Harry Wong**

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In the gym we like to take you through many variations of warm-ups and movements (D-ROM) to prepare you for your workout. You may be wondering if there is vital

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Page 2: Trailer Strength - In the multi-part article about Good Trailer Design, strength and loading. These things determine a durable, strong trailer.

## **The difference between a static vs. dynamic warm up**

These drills all incorporate the two components of a dynamic stretch. By increasing blood flow to the body, these stretches allow the muscles and tendons to become

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