Roller Recovery and Stretches Combined

Do after trainings and games or part of a recovery session.

Hold each stretch for 20 seconds (minimum) each side.
Roll each muscle group for 20-30 seconds.

- Shoulder-Triceps
- Spine-Rotation
- Quads
- Hip Flexors
- Hamstrings
- Shoulder-Pecs
- T Spine
- Gluts
- Calf
- Long Calf
- Short Calf