Roller Recovery

Roll each muscle group for 20-30 seconds each side

Do after trainings and games or part of a recovery session

Thoracic Spine

Gluts

Adductor

Quad

ITB

Calf
Stretches

HOLD EACH STRETCH FOR 20 SECONDS (MINIMUM) EACH SIDE

- SHOULDER-TRICEPS
- SHOULDER-POSTERIOR
- QUADS
- HIP FLEXORS
- GLUTS
- SHOULDER-PECS
- SHOULDER-FRONT
- LONG CALF
- SHORT CALF
- HAMSTRINGS
- ADDUCTORS/GROIN
- SPINE-ROTATION
Roller Recovery and Stretches Combined

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