

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

DO AFTER TRAININGS AND GAMES OR PART OF A RECOVERY SESSION



SHOULDER-TRICEPS



SHOULDER-POSTERIOR



QUADS



HIP FLEXORS



GLUTS



SHOULDER-FRONT



SHOULDER-PECS



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

DO AFTER TRAININGS AND GAMES OR PART OF A RECOVERY SESSION



SHOULDER-TRICEPS



SPINE-ROTATION



QUADS



HIP FLEXORS



HAMSTRINGS



SHOULDER-PECS



T SPINE



GLUTS



CALF



LONG CALF



SHORT CALF