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



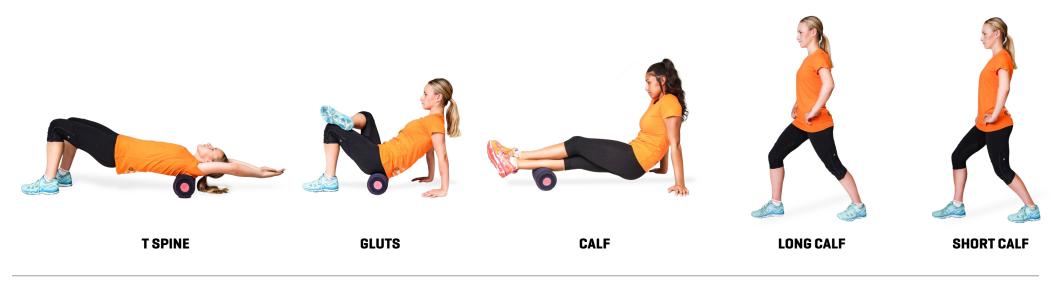
SPINE-ROTATION

QUADS

HIP FLEXORS

HAMSTRINGS

SHOULDER-PECS





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