

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