

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