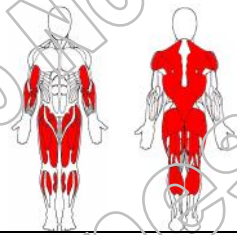


# STRETCHING

## FOOTBALL



**CALVES**



**QUADRICEPS**



**HAMSTRINGS  
& LOW BACK**



**HIP FLEXOR**



**BICEPS &  
FOREARMS**



**FULL BODY**



**NECK**



**OBLIQUES**



**HAMSTRINGS  
& LOW BACK**



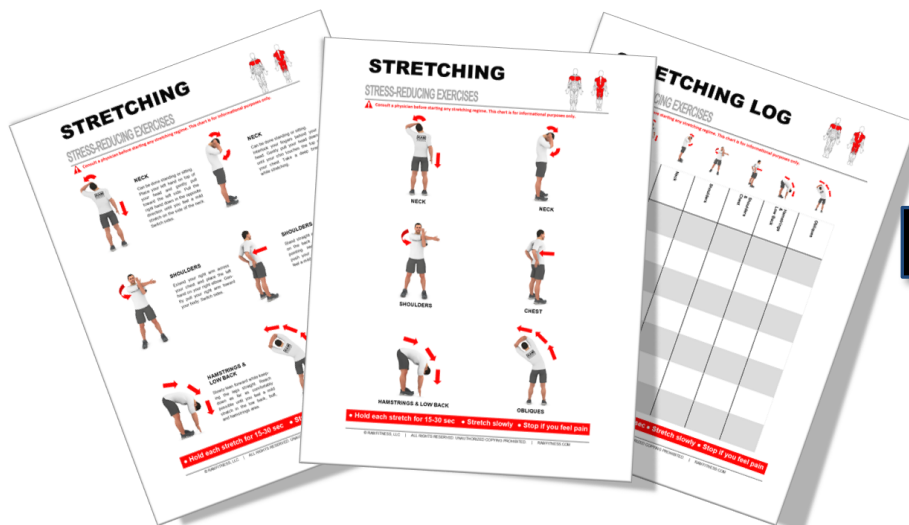
**GROIN**



**GLUTES & ABDUCTORS**

• Hold each stretch for 15-30 sec • Stretch slowly • Stop if you feel pain

Take Your Stretching Routine to the Next Level!



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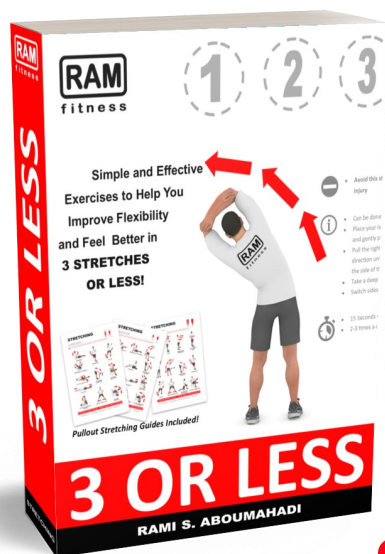
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