

# WARM UP & RECOVERY

## BAND STRETCHING SERIES

<a href="#"><u>ACTIVE HAMSTRING STRETCH</u></a>	:05 sec. EA x10 EA LEG
<a href="#"><u>LEG TO SIDE</u></a>	:30 sec. EA
<a href="#"><u>ANKLE TO CHEST</u></a>	:30 sec. EA
<a href="#"><u>LEG TO OPPOSITE SIDE</u></a>	:30 sec. EA
<a href="#"><u>QUAD</u></a>	:30 sec. EA
<a href="#"><u>HIP FLEXOR (QUAD OFF GROUND)</u></a>	:30 sec. EA
<a href="#"><u>WALL SQUAT - FIGURE 4</u></a>	:30 sec. EA
<a href="#"><u>BAND ANT. SHOULDER</u></a>	:30 sec. EA
<a href="#"><u>BAND OH DISTRACTION</u></a>	:30 sec. EA
<a href="#"><u>BAND REVERSE SHOULDER</u></a>	:30 sec. EA
<a href="#"><u>BAND LATERAL SHOULDER</u></a>	:30 sec. EA