

GAME DAY ACTIVE RECOVERY PROGRAM

ACTIVE COOL DOWN

2X10M / 2X10REPS EACH EXERCISE + 5 MIN WALK

1. Walking knee to chest



2. Walking hamstring stretch/stoops



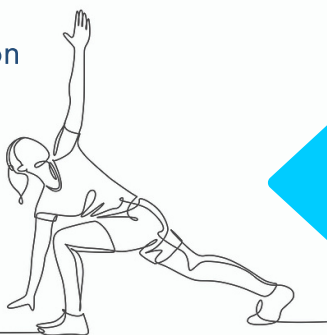
3. Walking groin stretch/open/close gate



4. Leg swings Front + Sideways



6. Lunge Stretch + Rotation



5. Inch Worms/ Push up walk in/out

FOAM ROLL/MASSAGE BALL

2-3 MINS PER MUSCLE/BODY PART AFTER GAMES

- Hamstrings
- Glutes
- Quads/Hip flexors
- Lower/Middle/Upper Back
- Calves/Soleus

