

STRETCHING

FOOTBALL



⚠️ Consult a physician before starting any stretching regime. This chart is for informational purposes only.



CALVES

Stand about 2-3 feet facing a sturdy object (wall, table, etc.) Take a step forward with the right foot. Keep toes pointing forward. Keep the back (left) knee straight and gently bend the front (right) knee until you feel a mild stretch in your left calf. Switch sides.



QUADRICEPS

Stand straight and place your left hand on a sturdy object (wall, door frame, etc.) Bend the right knee and bring your right foot back toward your hips. Use your right hand to help you feel a mild stretch in the front of your right thigh. Switch sides.



HAMSTRINGS & LOW BACK

Slowly, lean forward while keeping the legs straight. Reach down as far as comfortably possible until you feel a mild stretch in the low back, butt, and hamstrings area.



HIP FLEXOR

Carefully lower down on a soft pad or towel. Align front knee right above the ankle. Gradually push forward but don't let the front knee pass the toes.



BICEPS & FOREARMS

Extend the right arm down with the palm of the hand facing down and fingers pointing backward toward the body. Place the left hand underneath the palm of the right hand and slightly pull the fingers up to feel a slight stretch in the forearm area. Switch sides.



FULL BODY

While standing, extend both arms up as high as you can. Take a deep breath while stretching.

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

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