

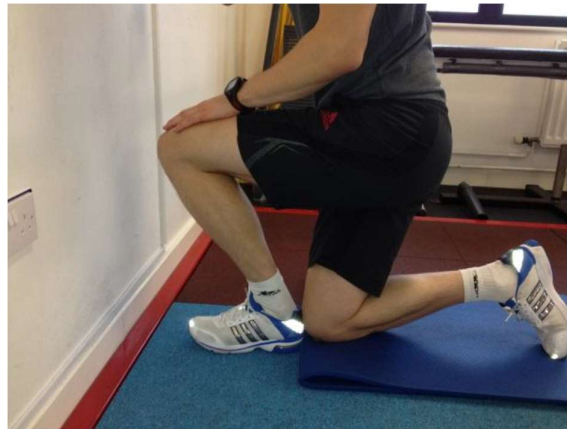
Foam Roll / Mobilise / Stretch

Ankle & Calf

Foam Roll



Mobilise



Stretch



Hamstring

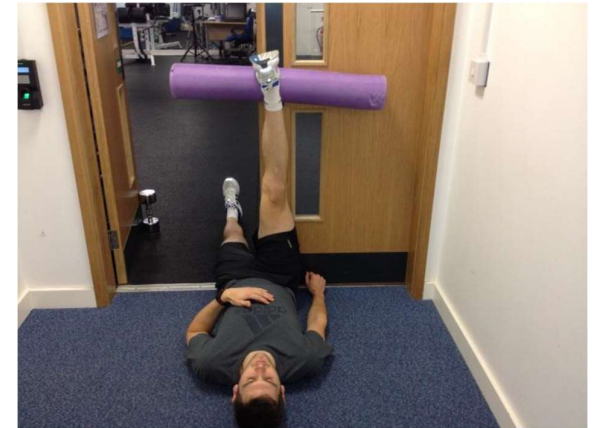
Foam Roll



Mobilise



Stretch



Adductor & Groin

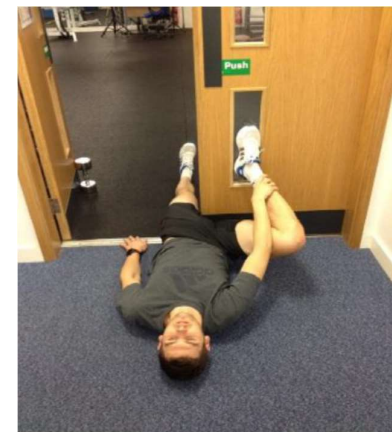
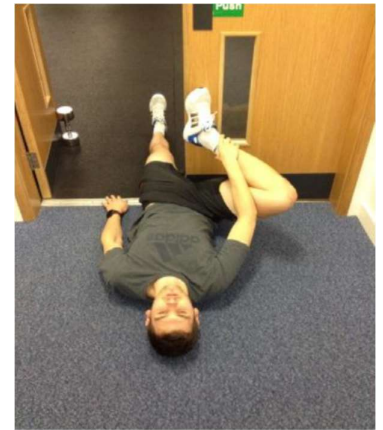
Foam Roll



Mobilise



Stretch

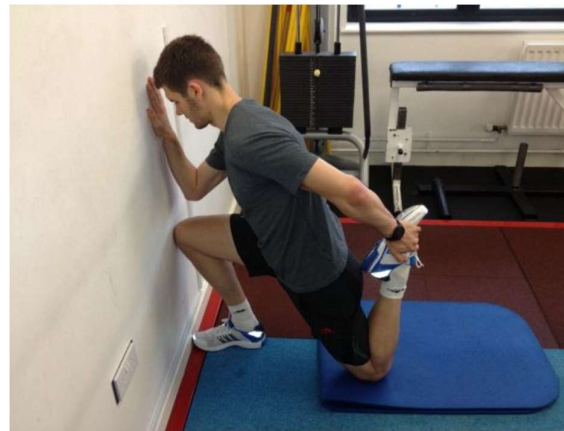
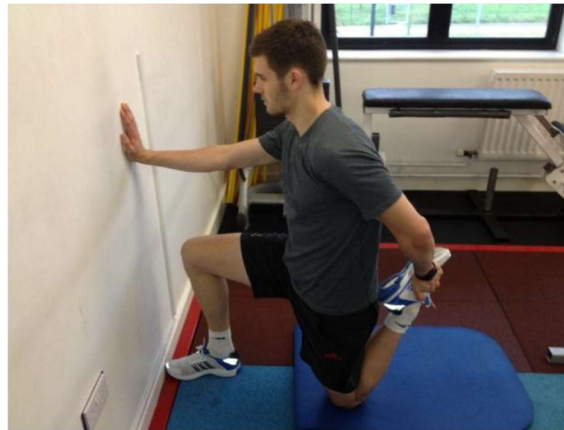


Quadriceps

Foam Roll



Mobilise



Stretch



Hip Flexor

Foam Roll



Mobilise



Stretch

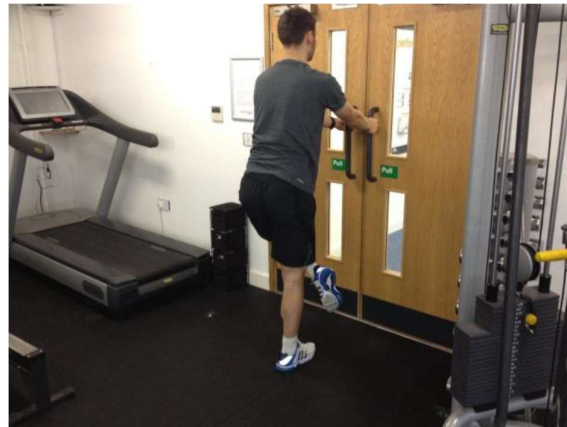


Glutes

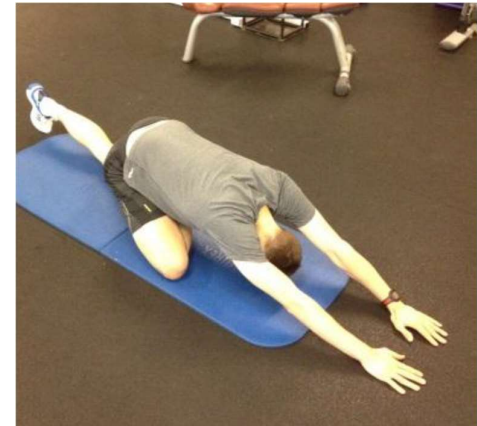
Foam Roll



Mobilise



Stretch

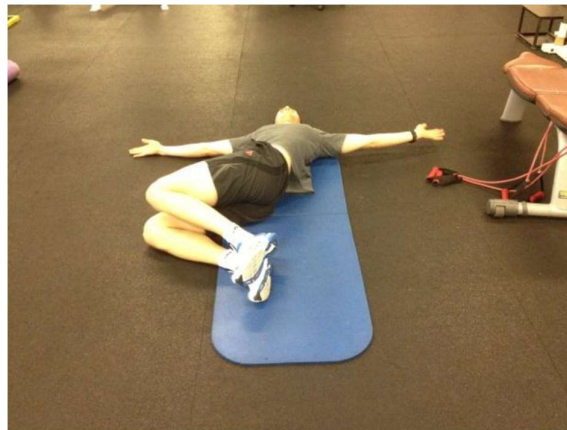


Back & Rotation

Foam Roll



Mobilise



Stretch

