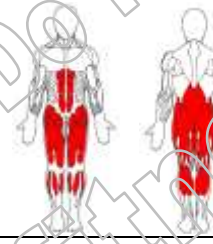


STRETCHING

SOCCER



HAMSTRINGS & LOW BACK



LATS / FULL BODY



OBLIQUES



QUADRICEPS



GROIN & HIP FLEXORS



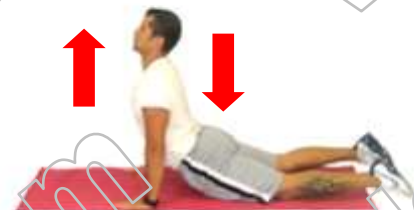
HAMSTRINGS & LOW BACK



GROIN



GLUTES & ABDUCTORS



ABDOMINAL & HIP FLEXORS

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



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