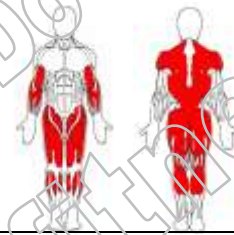


# STRETCHING

## FOOTBALL



CALVES



QUADRICEPS



HAMSTRINGS & LOW BACK



HIP FLEXOR



BICEPS & FOREARMS



FULL BODY



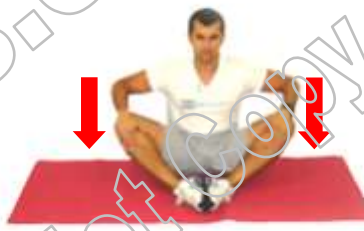
NECK



OBLIQUES



HAMSTRINGS & LOW BACK



GROIN



GLUTEAL & ABDUCTORS

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



**Buy a Print License and get the following:**

- High-resolution copy (for professional printers) of this guide
- Remove water mark
- Detailed instructions of each exercise
- Weekly training log to help user stay on track
- One flat fee, unlimited prints!
- Instant download
- And more!

Print license available at:

**[RAMFITNESS.COM/PRINT-LICENSE-OPTIONS](https://www.ramfitness.com/print-license-options)**