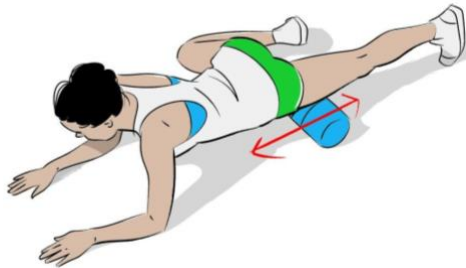


**All exercises below should be performed on both sides, if you experience any pain please stop and contact me for an alternative.**

**Quadriceps foam roll (roll for 30 secs x2)**



**Hamstrings foam roll (roll for 30 secs x2)**



**Adductor foam roll**



**Glute foam roll**



**Adductor Magnus Active Stretch (10 secs hold, pulse back and forth 10 secs, rest 20 secs x3)**



**Hamstring Stretch (hold 20 secs x3)**



**Glute Stretch (hold 20 secs x3)**

