



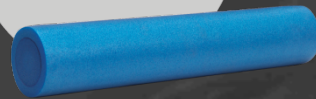
RECOVERY METHODS

To assist recovery, do these before / after games or training
"Rest is the most important part of training"

STRETCH



FOAM ROLLER



LIGHT CYCLING



**RELAX
POSITIONS**



**POOL
(movements)**



MASSAGE



**LIGHT
RUN**



**DYNAMIC
MOVEMENT**



for more information visit www.gps-massachusetts.com/sportsperformance





FOAM ROLLER

STRETCH



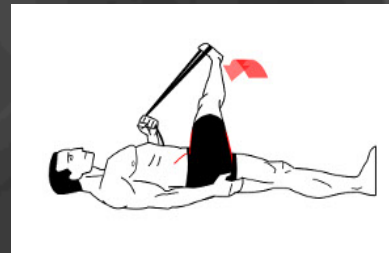
TENSOR FL



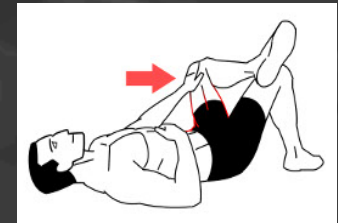
GLUTEUS



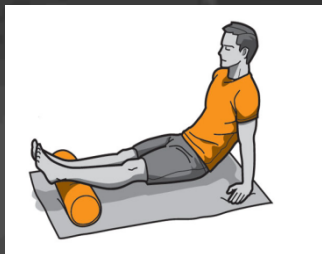
HAMSTRING



HAMSTRING



GLUTEUS



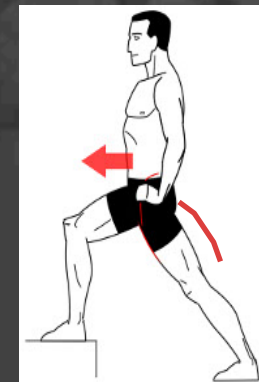
CALF



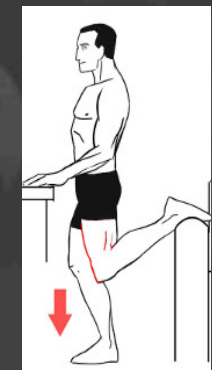
BACK



HIP FLEXOR



CALF



QUADRICEPS



QUADRICEPS



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