

SOCCER DYNAMIC STRETCHING

1 ROUND



1. DYNAMIC QUAD STRETCH

☑ 3 REP PER SIDE



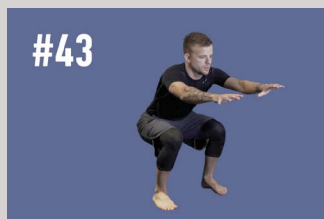
2. HIP OPENER WITH LUNGES

☑ 5 REP PER SIDE



3. FULL BODY ROLL

☑ 5 REP



4. FRONT SQUAT

☑ 5 REP

 **WATCH THE VIDEO**

BEFORE YOU START: CONSULT YOUR HEALTHCARE PROFESSIONAL BEFORE BEGINNING ANY FITNESS REGIME.

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