

**Static Stretches-** Only do stretches you know how to do. Hold for 15 to 60 secs.  
Do all stretches. If you don't then some important major muscles will not be stretched.



This document is not designed as an instructional guide but as an aid for squad members and players to remember all the movements shown and instructed in squad. If you are not sure of any of the movements, wait, ask and you will be shown at the next squad.

