

# HOLD ALL STRETCHES FOR 15 SECONDS EACH

## Basketball Stretching—After Practice/Game

#1

STRETCHING

### STANDING QUAD



#2

STRETCHING

### STANDING HAMSTRING STRETCH



#3

STRETCHING

### SHOULDER/ UPPER BACK STRETCH



#4

STRETCHING

### CHEST STRETCH



**HOLD ALL STRETCHES FOR 15 SECONDS EACH**

#5

STRETCHING

## **LEG HUG STRETCH**



#6

STRETCHING

## **BUTTERFLY STRETCH**



#7

STRETCHING

## **FULL BODY STRETCH**

