

HOLD ALL STRETCHES FOR 15 SECONDS EACH

Tennis Stretching—After Practice/Match

#1

STRETCHING

HIP FLEXOR STRETCH

#2

STRETCHING

STANDING HAMSTRING STRETCH



#3

STRETCHING

SEATED FIGURE 4 STRETCH

#4

STRETCHING

LEG HUG STRETCH



HOLD ALL STRETCHES FOR 15 SECONDS EACH

#5

STRETCHING

BUTTERFLY STRETCH



#6

STRETCHING

ACROSS BODY SHOULDER STRETCH



#7

STRETCHING

ROUNDED UPPER BACK STRETCH

