



Cambridge United Football Club Foundation Phase

“4-4-2 Cool Down”

Complete the following static stretches after training and matches. Hold each stretch for a minimum of 15 seconds and stretch both legs/arms.

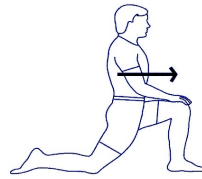
4 x Floor-based Stretches



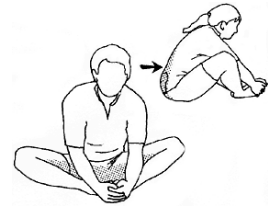
Back stretch



Glute Stretch

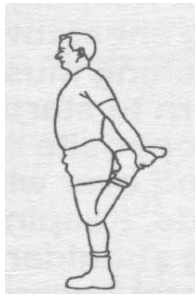


Hip Flexors



Groin Stretch

4 x Standing Stretches



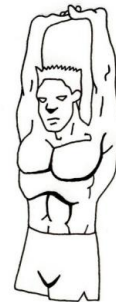
Quad Stretch



Calf Stretch

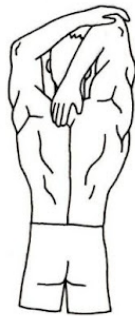


Hamstrings



Lat Stretch

2 x Upper Body Stretches



Triceps Stretch



Shoulder Stretch