



Pickleball



Stretches & Pre-Game Techniques

5 Major Muscle Groups to stretch before playing

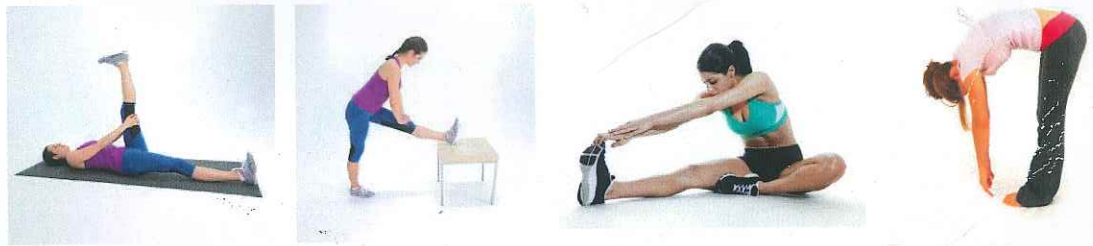
Quads



Adductors (Groin)



Hamstrings



Calves



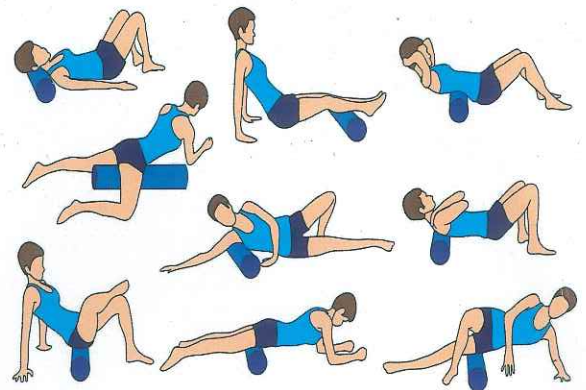
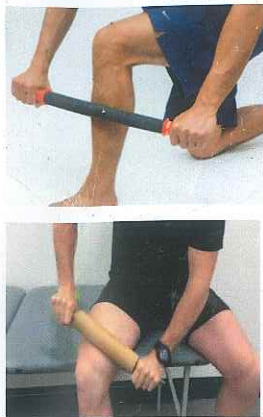
Shoulders



Extras 😊

Foam Roller / Rolling Pin

- Full Back
- Quads
- Hamstrings
- Calves
- Shins



Upper Body Twists

- Arms out and twists left and then right.
- Do 10 twists at least.
- This will warm up the low back.



Ankle Rolls

- Make circles with your ankles.
- Side to Side, Up and Down.
- Increase Ankle Mobility.



Shin Muscle Punches

- Punch the outside of lower leg.
- From knee to anklebone.
- Relieves pain in bottom of foot.



Shoulder Circles

- Arms out and rotate both directions.
- Small circles and Large circles.
- Continue until it burns.

