

TEAM BODY DYNAMICS
SMR TEMPLATE



Calves (Medial / Lateral aspect) _____ sets



Flexor Hallicus Longus _____ sets



Peroneals _____ sets



Hamstrings _____ sets



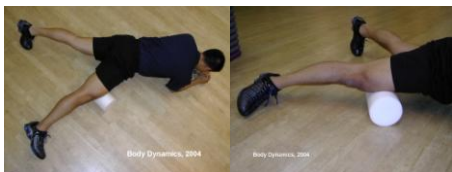
Iliotibial Tract _____ sets



Tensor Fascia Latae _____ sets



Quadricep – Vastus Lat & VMO _____ sets



Adductor Complex _____ sets



Piriformis / Glute Medius _____ sets



Low Back / Rhomboids / Mid Trap _____ sets