

KRVA

HOME RECOVERY & STRETCH ROUTINE

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RESET.
RECHARGE.
REFOCUS.



Recovery is where performance begins. Every athlete needs rest days to rebuild strength, prevent injury, and improve mobility. Use this recovery and stretch routine after tournaments, tough practices, or home workouts. Complete it 2–3 times per week or anytime your body feels tight or tired.

Step 1: Light Movement (3–5 Minutes)

Keep the body warm before stretching.

- Gentle jog in place – 1 minute
- Arm swings (forward/backward) – 20 reps
- Side steps with arm reach – 10 each direction
- Slow bodyweight squats – 10 reps

Step 2: Static Stretch Routine

Hold each stretch for 20–30 seconds. Repeat 2 rounds if needed.

- Hamstrings – Sit on the floor, reach toward your toes.
- Quads – Stand, grab one ankle behind you, keep knees together.
- Calves – Lean into a wall with one leg back and heel down.
- Hip Flexors – Kneel on one knee, gently press hips forward.
- Glutes – Sit or lie down, cross one ankle over the opposite knee and pull in.
- Shoulders – Pull one arm across your chest.
- Triceps – Reach one arm overhead and bend the elbow.
- Forearms – Extend one arm, palm up, and gently pull back fingers.
- Neck – Gently tilt head side to side, holding each stretch for 10 seconds.

Step 3: Foam Rolling or Massage (Optional)

Spend 30–60 seconds on each area:

- Calves
- Quads
- IT bands
- Upper back
- Shoulders

Tip: Move slowly and breathe through tight spots – never rush.

Step 4: Mindset Reset (2 Minutes)

Find a quiet spot, close your eyes, and take five slow breaths. Think about:

- One thing you're proud of from the week
- One skill you want to improve next session

Write it down if you can – reflection builds consistency.

Step 5: Recovery Habits to Remember

- Hydrate: Drink plenty of water or electrolyte drinks.
- Refuel: Eat protein and carbs within an hour after activity.
- Rest: Aim for 8–9 hours of sleep.
- Schedule one full recovery day each week.

Weekly Goal: Complete this routine 2–3 times per week. Small habits add up – consistent recovery leads to better performance and fewer injuries.