Name Phase 1 Team AIS/AFL Academy Sport AFL Program Type General Stretches Program Date 30/09/2007

Warm up / Hold each stretch for 15 seconds and repeat twice before moving on to the next exercise. Take your time to properly align your technique and maintain your regular breathing. Cardio

			Day or Date																	
1. Calf stretch 02599																				
	0.00	0 0	Reps	2																i
	At At	麻麻	Time - seconds	15																<u> </u>
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2. Soleus stretch 02601																				
1 1			Reps	2																
	8		Time - seconds	15																
	1 1		Results																	
3. Hamstrings buttock calf stretch 02609																				
	No.	0.0	Reps	2																
16. 16	et est		Time - seconds	15																
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4. Quadrice	eps stretch 02626					•		•							•					
		0.0	Reps	2																
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	I	W.W.	Results																	
5. Hip flexo	or stretch 02633																			
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6. Tensor f	ascia late stretch 026	636				•		•							•					
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7. Buttock stretch 02638																				
			Reps	2																
100 100			Time - seconds	15																
			Results																	
8. Yoga 02520																				
		AA	Reps	2																
	Carl .		Time - seconds	15														\Box	$\neg \uparrow$	
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9. Back extension lat dorsi stretch 02664																				
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