Name Stretching Exercises Team U18 Sport AFL Program Type Flexibility

Program Date 11/12/2006

Warm up / Cardio

	Day or Date																					
1. Calf stretch 01207																						
Results																						
2. Calf stretch 02599																						
Results																						
3. Soleus stretch 02601																						
Results																						
4. Soleus stretch 01208																						
Results																						
5. Groin stretch 02615																						
Results																						
6. Groin stretch 02616																						
Results																						
7. Groin stretch 02620																						
Results																						
8. Hamstrings groin stretch 01235																						
Results																						
9. Yoga 02580																						
Results																						

Disclaimer: No express warranty is given as to the accuracy or completeness of this information. It is not a substitute for, any advice, diagnosis or treatment provided by a fitness or medical professional. You acknowledge that performing incorrectly prescribed exercises or activities may pose a risk to your health. You are solely responsible for all acts or omissions, whether negligent or otherwise, undertaken in connection with this information.

	Day or Date																				
10. Hamstrings buttock stretch 01209																					
	Results																				
11. Hamstrings buttock stretch 02605																					
	Results																				
12. Hamstrings buttock calf stretch 02609																					
	Results																				
13. Yoga 02497																					
	Results																				
14. Quadriceps stretch 02624																					
	Results																				
15. Quadriceps stretch 02625																					
	Results																				
16. Quadriceps stretch 02626																					
	Results																				
17. Quadriceps shin stretch 02628																					
	Results																				
18. Hip flexor stretch 02633																					
	Results																				
19. Yoga 02553																					
	Results																				
20. Yoga 02494																					
	Results																				

	Day or Date																				
21. Yoga 02549																					
	Results																				
22. Tensor fascia late stretch 02636																					
	Results																				
23. Yoga 02520																					
	Results																				
24. Buttock stretch 02638																					
	Results																				
25. Yoga 02521																					
	Results																				
26. Yoga 02565																					
	Results																				
27. Posterior shoulder stretch 01230																					
	Results																				
28. Posterior shoulder stretch 03013																					
	Results																				
29. Triceps stretch 01232																					
	Results																				
30. Back extension lat dorsi stretch 02853																					
	Results																				
31. Splits lat dorsi stretch 02855																					
	Results																				

Day or Date																						

32. Anterior shoulder chest stretch 02857

Results																						

33. Upper spine stretch 03045

Results																						