Name Phase 1 Team AIS/AFL Academy Sport AFL Program Type General Stretches

Program Date 11/12/2006

Warm up / Cardio 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.

	Day or Date																						
1. Calf stretch 02599		2																					
		15																					
	Results																						
2. Calf stretch 01207		2																					
		15																					
	Results																						
3. Soleus stretch 02601		2																					
		15																					
	Results																						
4. Soleus stretch 01208		2																					
		15																					
	Results																						
5. Hamstrings buttock calf stretch 02609	Reps	2																					
	Time - seconds	15																					
	Results																						
6. Quadriceps stretch 02626	Reps	2																					
	Time - seconds	15																					
	Results																						
7. Hip flexor quadriceps stretch 02627		2																					
		15																					
	Results																						
8. Hip flexor stretch 02633	Reps	2																					
	Time - seconds	15																					
	Results																						
9. Iliotibial band torso side bend stretch 02645		2																					
		15																					
	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. Yoga 02495

	2																					
	15																					
Results																						

11. Buttock stretch 02638

Reps	2																					
Time - seconds	15																					
Results																						

12. Yoga 02521

	2																					
	15																					
Results																						

13. Yoga 02520

Reps	2																					
Time - seconds	15																					
Results																						

14. Back extension lat dorsi stretch 02664

Reps	2																					
Yards	15																					
Results																						