Name Brett Jones <brettj@sportingwheelies.org.au> Program Date 4/26/2016 Warm up / Cardio

Day or Date																7
STRETCH						-		•		•					-	
1. Calf stretch 02691																
F 🛃 Keps																
C C M Results																
2. Soleus stretch 02688																
🔑 🏓 👂 🕺 Reps																_
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C C Z MI Results																
3. Quadriceps stretch 02703																
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Results	╢──┤──	<del>   </del>		$\left  \right $		-		_								-
4. Hip flexor stretch 02633																
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Results																-
5. Hip flexor quadriceps stretch 02804															 	_
Reps																7
Results																
6. Torso rotation gluteal stretch 02634	_															
Reps																_
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Results																
7. Gluteal stretch 02848						_					•				 	_
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Results	╢──┤──									_						_
8. Gluteal stretch 02638		<u>г</u>		<u>г</u>				-	1 1		1	<del>г г</del>			 -	_
Reps						+				_						-
Results	╢──┼──	+		$\left  \right $		+	$\left  \right $		$\left  \right $			$\left  \right $				-
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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																		
9. Groin stretch 03542																			
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	Results																		
10. Hamstrings stretch 02778																			
	Reps																		
	Results																		
11. Foam roller hamstrings self massage	11. Foam roller hamstrings self massage 05441																		
	Reps																		
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	Results																		
12. Calf self massage foam roller 05439																			
Jan Jan Jan M	Reps																		
	Results																		
13. Spine self massage lat dorsi stretch	05452	_																	
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