Name Flexibility Basic **Team** Average Joes **Sport** Running **Program Type** Flexibility **Keyword** Running
Program Date 22/06/2010 **New Program Due** 1/09/2010
Warm up / Cardio 5minutes of running!!
10mins Stretching

JASSA
Jock Athletic Skins Sports Academy

	Day or Date																					
1. Torso rotation 02640	Reps																					
	Time - seconds	30	30	30	30	30	30	30	30	30	30	30	30	30	30	30	30	30	30	30	30	30
	Results																					
2. Torso rotation buttock stretch 02753	Reps																					
	Time - seconds	30	30	30	30	30	30	30	30	30	30	30	30	30	30	30	30	30	30	30	30	30
	Results																					
3. Buttock stretch 02638	Reps																					
	Time - seconds	30	30	30	30	30	30	30	30	30	30	30	30	30	30	30	30	30	30	30	30	30
	Results																					
4. Quadriceps stretch 02625	Reps																					
	Time - seconds	30	30	30	30	30	30	30	30	30	30	30	30	30	30	30	30	30	30	30	30	30
	Results																					
5. Back extension stretch 02648	Reps																					
	Time - seconds	30	30	30	30	30	30	30	30	30	30	30	30	30	30	30	30	30	30	30	30	30
	Results																					
6. Soleus stretch 02692	Reps																					
	Time - seconds	30	30	30	30	30	30	30	30	30	30	30	30	30	30	30	30	30	30	30	30	30
	Results																					
7. Calf stretch 02691	Reps																					
	Time - seconds	30	30	30	30	30	30	30	30	30	30	30	30	30	30	30	30	30	30	30	30	30
	Results																					
8. Leg swings 01192	Reps																					
	Time - seconds	30	30	30	30	30	30	30	30	30	30	30	30	30	30	30	30	30	30	30	30	30
	Results																					
9. Hip rotation 02867	Reps																					
	Time - seconds	30	30	30	30	30	30	30	30	30	30	30	30	30	30	30	30	30	30	30	30	30
	Results																					

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