



	Exercise	Sets	Reps	Hold (sec)	Duration
1	Supine Knee To Chest	1	1	45	0m 48s
2	Supine Towel Hamstring	1	1	45	0m 48s
3	Side-Lying Quad	1	1	45	0m 48s
4	Lunge Hip Flexor	1	1	45	0m 48s
5	Standing Calve	1	1	45	0m 48s
9				Total Duration:	4m 0s

Notice

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