



# PatchFitness

Fun · Cardio · Strength · Flexibility

## The Patch's Flexibility Routine #7 Menu

January 1, 2008

Sets	Reps	Duration	E-Cise
2	20		Spidermans
1	50		Inchworms
2	20		Hip Flexor Lifts
1	100		Arm Circles
1		1 Minute Each	3 Minute Drill