

STRETCH CHART

NAME:

DATES:

PARENT
INITIALS:

	M	T	W	Th	F	S	Su
Pike	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Butterfly	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Donut	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Frog	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Right Split	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Left Split	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Middle Split	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>



GET A SPECIAL **GOLDEN** CHAIN LINK
PER 3 DAYS OF STRETCHING!



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GET A SPECIAL **GOLDEN** CHAIN LINK
PER 3 DAYS OF STRETCHING!



Stretching can happen anywhere and at any time - in front of the TV, while doing homework, when you wake up in the morning, and more. Use this month as a way to create good stretching habits at home!

Tip: It's always better to stretch when your muscles are warm. If you have time, do something active to get your heart rate up before you stretch—e.g. jumping jacks, running up and down the stairs, etc.

Pike Stretch: Sit on floor with feet and legs in front of you, heels touching. Pointe toes, straighten knees, and bend forward, reaching hands towards feet. Pass off when head touches knees and is held for 30 seconds.

Butterfly: Sit on the floor with knees bent and feet touching. Hold ankles and press knees down. Pass off when knees are flat on floor with toes pulled close to body. Hold for 30 seconds.

Donut Stretch: Lie on stomach. Push up on your hands, reach shoulders and chest upward and back while bringing feet up toward head. Pass off when head touches toes.

Frog Stretch: Lie on stomach. Keeping knees against the floor, bend knees until pointed toes are touching. Try to move feet up closer to body while pushing knees out to the sides. Pass off when knees are fully bent and feet are flat on the floor for 30 seconds.

R/L Splits: Extend your legs in opposite directions, in front and behind you. Slide body as close to ground as possible and hold. Pass off when legs are flat on the ground and arms are held in 5th for 30 seconds.

Middle Splits: Same as R/L Splits, but with legs extended to either side. Pointe your toes!

Stretch to a point where you are pushing your limit, but not in too much pain. If you feel extreme pain, please stop stretching immediately! Be careful & be sure to ask your teacher if you have any questions!

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