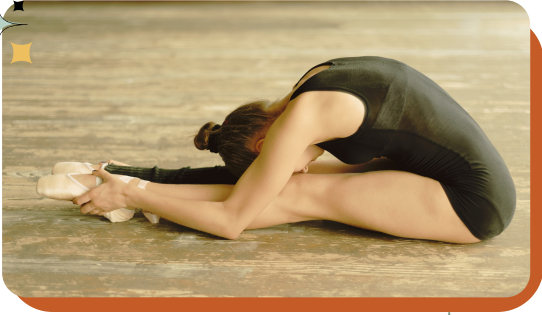


Stretches



PIKE

- Sit on floor, extend legs in front of you, heels touching
- Point toes, straighten knees
- Bend forward, reach hands toward feet
- Goal: Head to rest on knees! Hold for 30 seconds.



BUTTERFLY

- Sit on floor, knees bent and feet touching
- Hold ankles and press knees down
- Goal: Knees flat on floor, toes pulled close to body. Hold for 30 seconds.
- BONUS: Bend forward, nose to toes



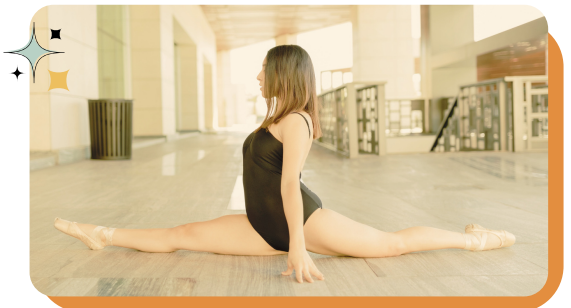
DONUT

- Lie on stomach, push up on hands
- Reach shoulders and chest upward and back
- Bring feet toward head
- Goal: Toes to touch forehead!



FROG

- On your stomach, knees fully bent behind body
- Toes pointed and close to the body
- Legs and hips completely flat against the floor
- Hold for 30 seconds!



RIGHT/LEFT SPLITS

- Legs extended in a straight line in opposite directions (like scissors)
- Straightened knees and pointed toes
- Arms in high 5th
- Hold for 30 seconds!



MIDDLE SPLITS

- Legs extended outward to each side in a straight line
- Straightened knees and pointed toes
- Arms in high 5th
- Hold for 30 seconds!

Stretches