

Flexibility Homework

Name _____ Week beginning _____

	Mon.	Tues.	Wed.	Thurs.	Fri.	Sat.	Sun.
Standing Parallel Pike							
Standing Turned Out Pike							
Butterfly							
Froggy							
V-sit Front Stretch (Pancake)							
Splits Right							
Splits Left							
Splits Middle							
Down Dog							

Color in each box when you have completed the stretch for 45 seconds-90 seconds.

- Remember:
- Hold each stretch. Try not to bounce
 - Stretch only when your muscles are warm.
 - Keep holding the stretch until the timer is done.
 - Use the best form you can
 - Stretching can be uncomfortable, but shouldn't be painful. If it hurts too bad, don't try to go down as far.
 - Do your stretches every day.
 - Do any additional stretches your coach may ask you to do also
 - Be responsible. It is your responsibility to remember to stretch, not your parent's.

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