



Start ___ / ___ / ___ End ___ / ___ / ___

Name _____

Age _____

General Flexibility

- 1 Straddle _____
- 2 Pike Sit _____
- 3 Standing Pike _____
- 4 Butterfly _____
- 5 Right Split _____
- 6 Left Split _____
- 7 Middle Split _____
- 8 Bridge _____

SUN	MON	TUE	WED	THU	FRI

Advanced Flexibility

- 1 Elevated Splits _____
- 2 Log Roll _____
- 3 Frog Stretch _____
- 4 Seal Stretch _____
- 5 Wall Split _____
- 6 Hip Rotation _____

SUN	MON	TUE	WED	THU	FRI

Hold All Stretches for at Least 30 Seconds!!



Body Positions/Jumps

	SUN	MON	TUE	WED	THU	FRI
1 Front Stretches/Pike _____						
2 Scorpions/Toe Touch _____						
3 Scales/Rt Hurdle _____						
4 Arabesques/Lt Hurdle _____						
5 Bows/Double Toe _____						

I, athlete, agree the above exercises were completed efficiently and in a timely manner. I agree to work hard and succeed in my training of flexibility and body positions. I promise to stay focused and patient because through hard work and commitment anything is possible.

Athlete: _____ Date: ___ / ___ / ___

Hold All Stretches for at Least 30 Seconds!!