

WEEKLY STRETCHING CHART

| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|---|--------|---------|-----------|----------|--------|----------|--------|
| Middle splits lying on back 3 min. | | | | | | | |
| Calf Raises in 1 st position- 100 (4 x 25) | | | | | | | |
| Pirouettes- 10 R, 10 L of EACH Doubles, triples and quads | | | | | | | |
| Straddle stretch- tummy FLAT in middle 3 min. | | | | | | | |
| Pike stretch 3 min. head on knees | | | | | | | |
| Front leg holds R & L 3x 30 sec. each leg | | | | | | | |
| R & L oversplitsplit 4 min. each leg | | | | | | | |
| 10 roll throughs- front and back =one | | | | | | | |
| C-jumps- 15 | | | | | | | |
| Dead Bugs 5x30 sec. | | | | | | | |
| Superman 5x 30 sec. | | | | | | | |
| Toe touches- 3 sets of 10 (180 degrees) | | | | | | | |
| Touch downs- 3x 10 | | | | | | | |
| Jumping Jacks- 100 | | | | | | | |
| Froggy stretch- 3 min. | | | | | | | |
| Butterfly stretch, pushing knees down and reaching in front- 3 min. | | | | | | | |
| Walking lunges- 30 each leg | | | | | | | |
| Pitch Jumps R & L 15 of each | | | | | | | |
| Plank Holds Squeeze belly button to back 5x30 sec. | | | | | | | |
| Leg hold turns- R & L 10 on each side | | | | | | | |