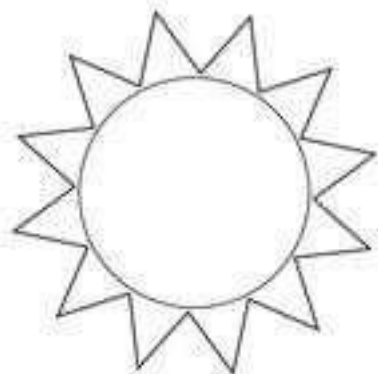
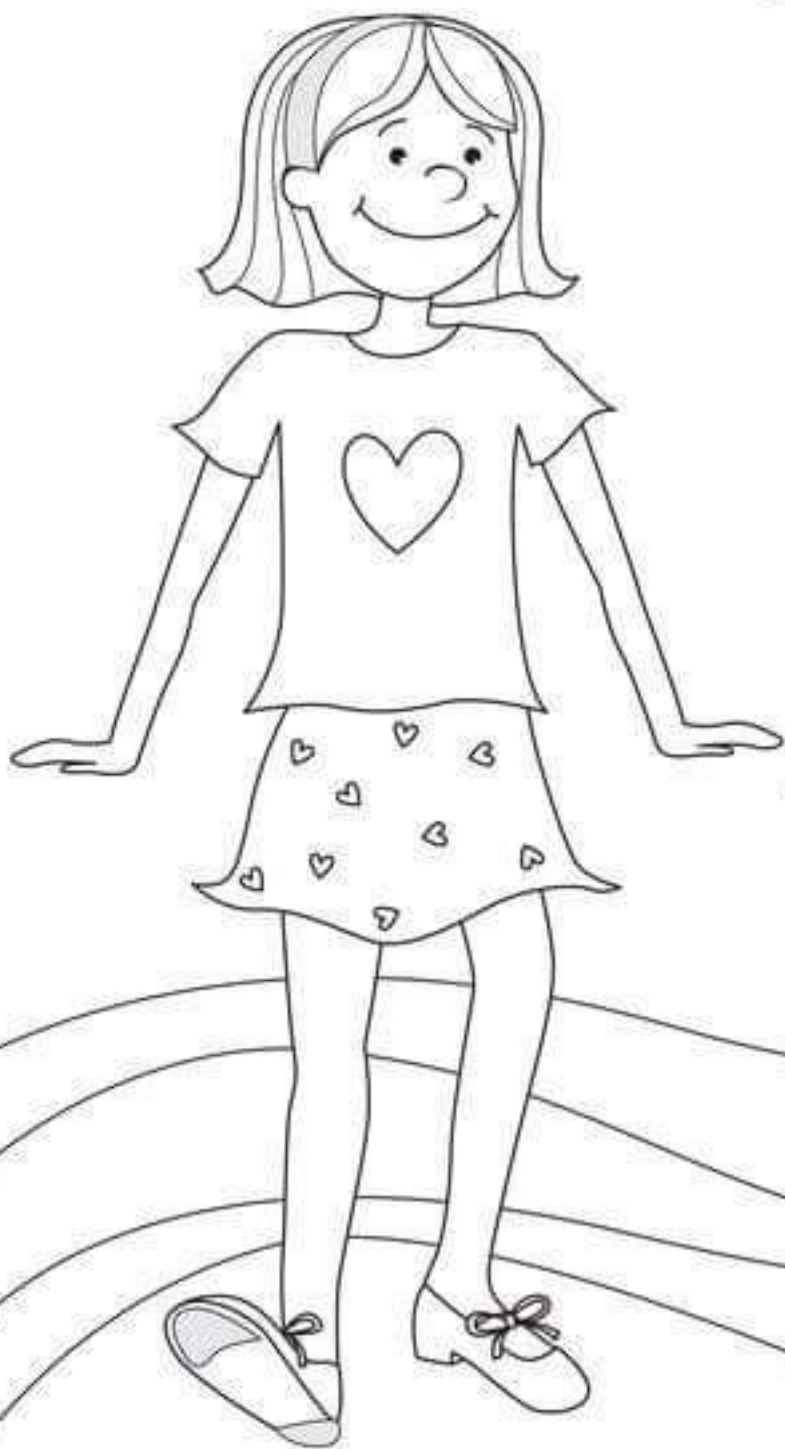


HEEL DIG



Flex your foot
out in front
then place your
heel tap down.
Lift your knee
then drop your foot
to make the
heel dig sound.

STRETCH CHART

STUDENT NAME:



M

T

W

T

F

BUTTERFLY FOR 1 MINUTE



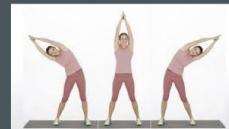
FORWARD FOLD WITH LEGS
EXTENDED FRONT FEET FLEXED
HOLD 1 MINUTE



MERMAID STRETCH (TOES TO HEAD)
1 MINUTE



SIDE STRETCH 30 SEC EACH SIDE



WALL STRADDLE
1 MINUTE

