

# STRETCH CHART

STUDENT NAME:



M

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BUTTERFLY FOR 1 MINUTE



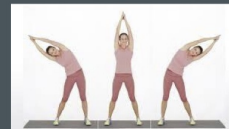
FORWARD FOLD WITH LEGS  
EXTENDED FRONT FEET FLEXED  
HOLD 1 MINUTE



MERMAID STRETCH (TOES TO HEAD)  
1 MINUTE



SIDE STRETCH 30 SEC EACH SIDE



WALL STRADDLE  
1 MINUTE

