DAILY FLEXIBILITY CHART



WEEK OF: _____

TASK TO DO:

30 STAR JUMPS
20 SQUATS
I MINUTE PLANK
X20 ALTERNATING SIDE LUNGES
45 SECS PIGEON STRETCH L&R LEG
45 SECS LOW LUNGE L&R LEG
45 SECS HALF SPLIT L&R LEG
45 SECS SITTING STRETCH L&R LEG
45 SECS LYING STRETCH L&R LEG
45 SECS SITTING PIKE STRETCH
45 SECS STRADDLE STRETCH
45 SECS SEAL STRETCH
45 SECS RIGHT LEG SPLITS
45 SECS LEFT LEG SPLITS

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ALTERNATING SIDE LUNGES:

SLOWLY ALTERNATE LEGS. THE LOWER YOU GO, THE DEEPER THE STRETCH.



PIGEON STRECH:

ENSURE YOUR BACK HEAL IS FACING THE CEILING. HIPS FACING FORWARD. FOR A MORE CHALLENGING STRETCH, PICK UP YOUR BACK LEG.



LOW LUNGE:

PUSH HIPS INTO THE GROUND, BACK HEEL FACING THE CEILING. FOR A MORE CHALLENGING STRETCH, PICK UP YOUR BACK LEG.





HALF SPLIT:

POINT YOUR TOES. TO INCREASE THE STRETCH PLACE YOUR NOSE ON YOUR KNEES.



SITTING HAMSTRING STRECH:

ENSURE YOUR TOE IS FLEXED, BACK STRAIGHT. TO INCREASE THE STRETCH, LEAN FORWARD.



LYING SPLIT STRETCH:

LEGS MUST REMAIN STRAIGHT THROUGHOUT. FOR A MORE CHALLENGING STRETCH, PULL LEG TOWARDS YOU.





SITTING PIKE STRETCH:

BOTH LEGS STRAIGHT, LEAN FORWARD.



STRADDLE STRECH:

LEGS STRAIGHT, BACK STRAIGHT. KNEES FACING CEILING. LEAN FORWARD



SEAL STRETCH:

ARCH BACK, ARMS AND LEGS STRAIGHT.

