

# SPLIT CLUB

## STRETCHING CHART

### DIRECTIONS

\*\*You may choose 3 DAYS as your rest days.\*\*

**BEFORE STRETCHING:** Run in place for 30 seconds and then do 30 jumping jacks.  
Warm muscles are flexible muscles!

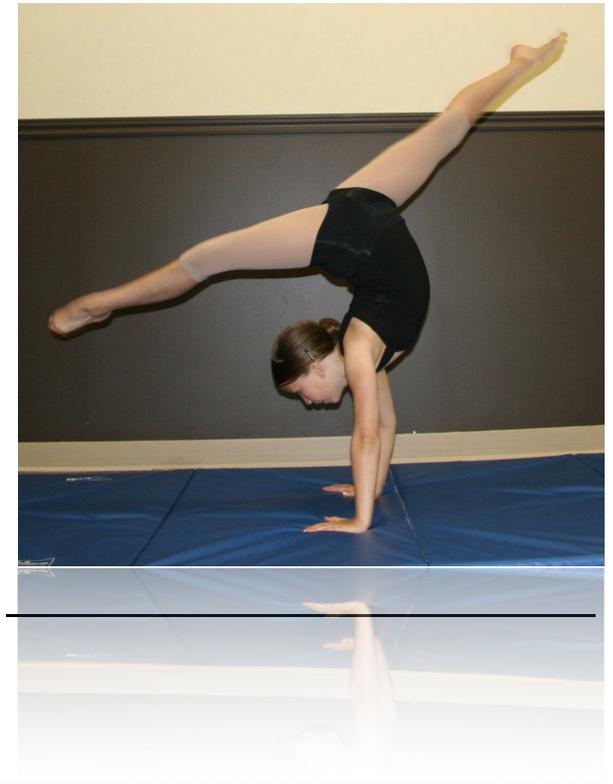
Try to hold each stretch for **AT LEAST 30 seconds to 1 minute** and **RELAX** into the stretch.

### INCENTIVES

If you complete a STRETCHING CHART, you will receive a sticker for that week's Split Club.

If you get 4 split club stickers, you will receive a prize!

If you get 10 Split Club stickers, you will qualify to receive an invitation to the Banana "Split" Party on Friday, May 13th.



Name \_\_\_\_\_

Date \_\_\_\_\_

# Home Practice Sheet

Name \_\_\_\_\_

Date \_\_\_\_\_

## Drills for flexibility

		Mon	Tues	Wed	Thurs	Fri	Sat	Sun
EXERCISES	REPETITIONS	1/4	1/5	1/6	1/7	1/8	1/9	1/10
Forward Bend								
Butterfly Stretch								
Half Lotus Left								
Half Lotus Right								
Straddle Stretch Left								
Straddle Stretch Right								
Straddle Stretch Center								
Lunge Right								
Front Split Stretch Right (Square hips)								
Right Split								
Left Lunge								
Front Split Stretch Left (Square hips)								
Left Split								
Center Split								
<b>PARENT INITIALS</b>	----->							

\*See back page for directions and incentives.