

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.

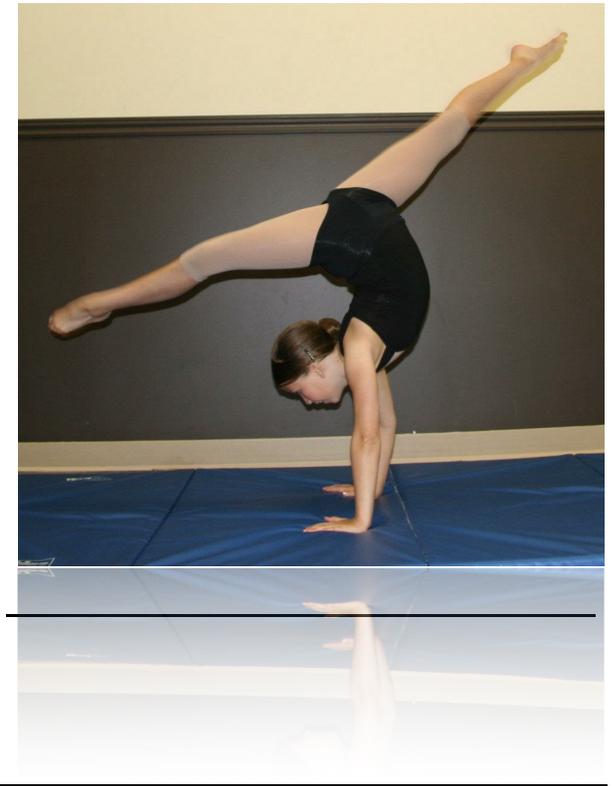
Students 4-6 years old may participate by completing stretches with an "".

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	Date:						
*Forward Bend (pike stretch)								
*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								
PARENT INITIALS	----->							

*See back page for directions and incentives.