WEEKLY STRETCHING CHART

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Middle splits lying on back 3 min.							
Calf Raises in 1st position- 100 (4 x 25)							
Pirouettes- 10 R, 10 L of EACH Doubles, triples and quads							
Straddle stretch- tummy FLAT in middle 3 min.							
Pike stretch 3 min. head on knees							
Front leg holds R & L 3x 30 sec. each leg							
R & L oversplitsplit 4 min. each leg							
10 roll throughs- front and back =one							
C-jumps- 15							
Dead Bugs 5x30 sec.							
Superman 5x 30 sec.							
Toe touches- 3 sets of 10 (180 degrees)							
Touch downs- 3x 10							
Jumping Jacks- 100							
Froggy stretch- 3 min.							
Butterfly stretch, pushing knees down and reaching in front- 3 min.							
Walking lunges- 30 each leg							
Pitch Jumps R & L 15 of each							
Plank Holds Squeeze belly button to back 5x30 sec.							
Leg hold turns- R & L 10 on each side							