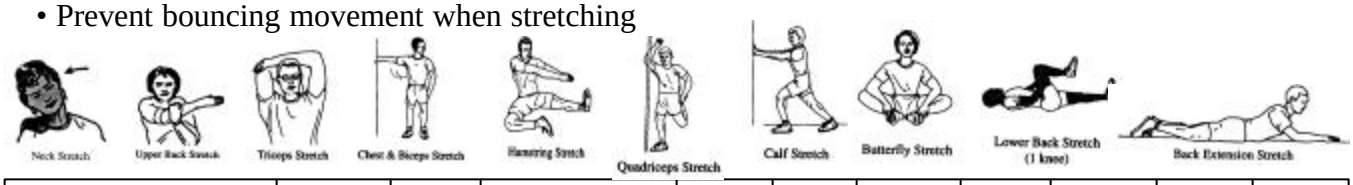
Stretching Program

Name _____

Exercise Objectives _____

Realistic Exercise Schedule (days per wk/time per workout)_____

- Warm up 3-5 minutes before stretching
- Stretch to a point of mild tension
- Prevent bouncing movement when stretching
- Hold each stretch for 10 to 30 seconds
- Repeat each stretch 3 to 5 times



Stretch	Date	Date	Date	Date	Date	Date	Date	Date	Date	Date	Date
Neck Stretch											
Upper Back Stretch											
Triceps Stretch											
Chest & Biceps Stretch											
Hamstring Stretch											
Quadriceps Stretch											
Calf Stretch											
Butterfly/Groin Stretch											
Lower Back Stretch											
Back Extension Stretch											

9 Contraindicated Stretches

Patrice,

(This form is currently available
to download off the NEHC Fitness
Homepage. The link just needs to be
moved to this page.)

Thanks!

Diana

10 Recommended Stretches

Patrice,

(This form is currently available
to download off the NEHC Fitness
Homepage. The link just needs to be
moved to this page.)

Thanks!

Diana