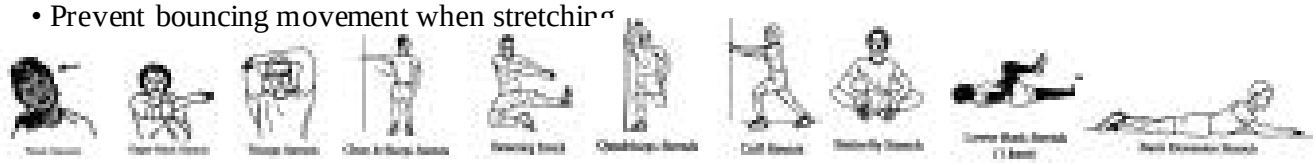
Stretching Program

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											