

Month: _____

Name: _____



Stretch of the Month

1. Be sure your muscles are warm before starting. After a hot bath or after dance class is a great time to stretch
2. Begin by sitting in a wide straddle with both sit bones on the floor, and body up straight. If this is difficult, use a block (or phone book) to aid in finding the right position (1). If this is easy for you, use a chair to create height (3).
3. Lean straight to the side, reaching up and over, and not allowing the back to hunch
4. Try to keep all muscles as relaxed as possible, and breathe. The stretch shouldn't hurt, but it's OK to feel 'uncomfortable'
5. Hold for 45 seconds, relax slightly, then press back into the stretch, pushing a little farther, and hold for 45 seconds
6. Repeat on the other side
7. Check your splits - see if you are farther!
8. Ask an adult to initial the chart



Parent's Initials		
Date	Right side	Left Side
1		
2		
3		
4		
5		
6		
7		
8		
9		
10		
11		
12		
13		
14		
15		
16		
17		
18		
19		
20		
21		
22		
23		
24		
25		
26		
27		
28		
29		
30		
31		

Month: _____

Name: _____

Stretch of the Month

1. Be sure your muscles are warm before starting. After a hot bath or after dance class is a great time to stretch
2. Begin by placing hands shoulder width apart the floor behind you. Scoot body forward until a stretch is felt in the shoulders (1). Bend the elbows slightly so that you don't hyperextend the elbows (2). Hold for 45 seconds
3. Place hands on the floor, and press back, keeping the elbows straight until a stretch if felt in the shoulders (3). Be sure not to use an arch in the back to achieve the position. Hold for 45 seconds
4. Have a partner assist by lifting the hands, keeping elbows straight until a stretch is felt in the shoulders (4). Hold for 45 seconds
5. Try to keep all muscles as relaxed as possible, and breathe.
6. These stretches shouldn't hurt, but it's OK to feel 'uncomfortable'
6. Repeat all 3 stretches, holding each for 45 seconds
7. Ask an adult to initial the chart



	Date	1	2	3
<input type="checkbox"/>	1			
<input type="checkbox"/>	2			
<input type="checkbox"/>	3			
<input type="checkbox"/>	4			
<input type="checkbox"/>	5			
<input type="checkbox"/>	6			
<input type="checkbox"/>	7			
<input type="checkbox"/>	8			
<input type="checkbox"/>	9			
<input type="checkbox"/>	10			
<input type="checkbox"/>	11			
<input type="checkbox"/>	12			
<input type="checkbox"/>	13			
<input type="checkbox"/>	14			
<input type="checkbox"/>	15			
<input type="checkbox"/>	16			
<input type="checkbox"/>	17			
<input type="checkbox"/>	18			
<input type="checkbox"/>	19			
<input type="checkbox"/>	20			
<input type="checkbox"/>	21			
<input type="checkbox"/>	22			
<input type="checkbox"/>	23			
<input type="checkbox"/>	24			
<input type="checkbox"/>	25			
<input type="checkbox"/>	26			
<input type="checkbox"/>	27			
<input type="checkbox"/>	28			
<input type="checkbox"/>	29			
<input type="checkbox"/>	30			
<input type="checkbox"/>	31			

Parent's Initials

Month: _____

Name: _____



Stretch of the Month

1. Be sure your muscles are warm before starting. After a hot bath or after dance class is a great time to stretch
2. Begin by stretching out the shoulders (1) and back (2), do these basic stretches before starting this more advanced 'Stretch of the Month'
3. Using a sturdy block, place hands on the edge of the block, while pressing into a bridge (3)
4. Press shoulders out as far as possible (4), hold for 15 seconds, then come back to a relaxed bridge (3). Repeat 3 times
5. Try to keep all muscles as relaxed as possible, and breathe. This stretch shouldn't hurt, but it's OK to feel 'uncomfortable'
6. Ask an adult to initial the chart



Parent's Initials

Date	1
1	<input type="checkbox"/>
2	<input type="checkbox"/>
3	<input type="checkbox"/>
4	<input type="checkbox"/>
5	<input type="checkbox"/>
6	<input type="checkbox"/>
7	<input type="checkbox"/>
8	<input type="checkbox"/>
9	<input type="checkbox"/>
10	<input type="checkbox"/>
11	<input type="checkbox"/>
12	<input type="checkbox"/>
13	<input type="checkbox"/>
14	<input type="checkbox"/>
15	<input type="checkbox"/>
16	<input type="checkbox"/>
17	<input type="checkbox"/>
18	<input type="checkbox"/>
19	<input type="checkbox"/>
20	<input type="checkbox"/>
21	<input type="checkbox"/>
22	<input type="checkbox"/>
23	<input type="checkbox"/>
24	<input type="checkbox"/>
25	<input type="checkbox"/>
26	<input type="checkbox"/>
27	<input type="checkbox"/>
28	<input type="checkbox"/>
29	<input type="checkbox"/>
30	<input type="checkbox"/>
31	<input type="checkbox"/>



FACEBOOK.COM/ACROARTS

www.AcrobaticArts.ca

@ACROBATIC_ARTS



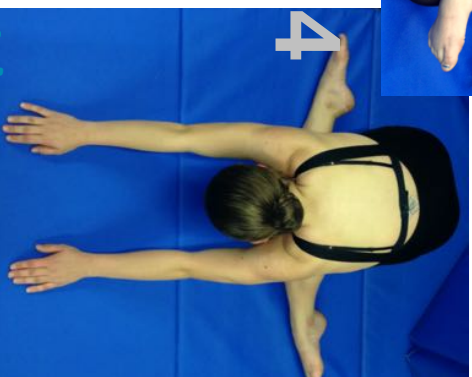
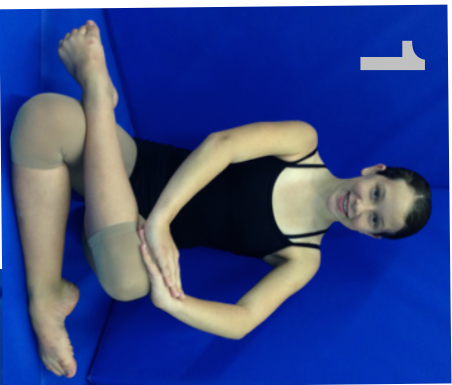
Month: _____

Name: _____



Stretch of the Month

1. Be sure your muscles are warm before starting. After a hot bath or after dance class is a great time to stretch
2. Begin by stacking the right ankle over the left thigh (1)
3. Sitting tall with both sit bones on the floor, use both hands to press down lightly on the right thigh (1)
4. If you are able to get the top leg down, so both legs are even (2), work towards stacking one knee on top of the other with feet evenly placed at each side (3). When ready, to create an even deeper stretch, reach the hands forward with a flat back (4)
5. Hold at your level for 45 seconds on each side, repeat
6. Try to keep all muscles as relaxed as possible, and breathe. This stretch shouldn't hurt, but it's OK to feel 'uncomfortable'
7. Ask an adult to initial the chart



Parent's Initials		
Date	Right	Left
1	<input type="checkbox"/>	<input type="checkbox"/>
2	<input type="checkbox"/>	<input type="checkbox"/>
3	<input type="checkbox"/>	<input type="checkbox"/>
4	<input type="checkbox"/>	<input type="checkbox"/>
5	<input type="checkbox"/>	<input type="checkbox"/>
6	<input type="checkbox"/>	<input type="checkbox"/>
7	<input type="checkbox"/>	<input type="checkbox"/>
8	<input type="checkbox"/>	<input type="checkbox"/>
9	<input type="checkbox"/>	<input type="checkbox"/>
10	<input type="checkbox"/>	<input type="checkbox"/>
11	<input type="checkbox"/>	<input type="checkbox"/>
12	<input type="checkbox"/>	<input type="checkbox"/>
13	<input type="checkbox"/>	<input type="checkbox"/>
14	<input type="checkbox"/>	<input type="checkbox"/>
15	<input type="checkbox"/>	<input type="checkbox"/>
16	<input type="checkbox"/>	<input type="checkbox"/>
17	<input type="checkbox"/>	<input type="checkbox"/>
18	<input type="checkbox"/>	<input type="checkbox"/>
19	<input type="checkbox"/>	<input type="checkbox"/>
20	<input type="checkbox"/>	<input type="checkbox"/>
21	<input type="checkbox"/>	<input type="checkbox"/>
22	<input type="checkbox"/>	<input type="checkbox"/>
23	<input type="checkbox"/>	<input type="checkbox"/>
24	<input type="checkbox"/>	<input type="checkbox"/>
25	<input type="checkbox"/>	<input type="checkbox"/>
26	<input type="checkbox"/>	<input type="checkbox"/>
27	<input type="checkbox"/>	<input type="checkbox"/>
28	<input type="checkbox"/>	<input type="checkbox"/>
29	<input type="checkbox"/>	<input type="checkbox"/>
30	<input type="checkbox"/>	<input type="checkbox"/>
31	<input type="checkbox"/>	<input type="checkbox"/>



FACEBOOK.COM/ACROARTS

www.AcrobaticArts.ca

@ACROBATIC_ARTS



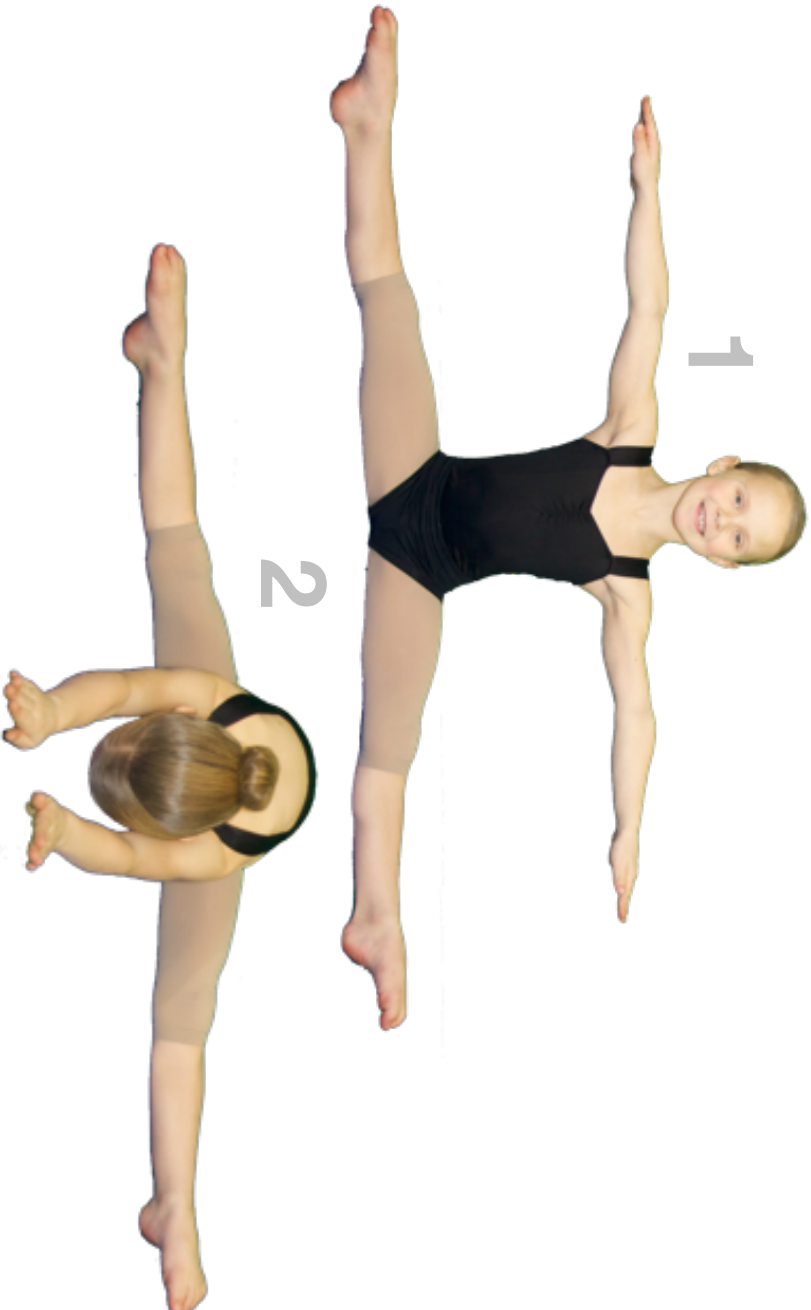
Month: _____

Name: _____



Stretch of the Month

1. Be sure your muscles are warm before starting. After a hot bath or after dance class is a great time to stretch
2. Begin by sitting tall in straddle with both sit bones on the floor (1)
3. Reach forward keeping both legs straight and turned out (2). Work to make the back as long as possible with out twisting. Hold for 30 seconds
4. Sit back up in straddle (1), repeat stretch five times
5. Try to keep all muscles as relaxed as possible, and breathe. This stretch shouldn't hurt, but it's OK to feel 'uncomfortable'
6. Ask an adult to initial the chart



Parent's Initials

	Date	
<input type="checkbox"/>	1	
<input type="checkbox"/>	2	
<input type="checkbox"/>	3	
<input type="checkbox"/>	4	
<input type="checkbox"/>	5	
<input type="checkbox"/>	6	
<input type="checkbox"/>	7	
<input type="checkbox"/>	8	
<input type="checkbox"/>	9	
<input type="checkbox"/>	10	
<input type="checkbox"/>	11	
<input type="checkbox"/>	12	
<input type="checkbox"/>	13	
<input type="checkbox"/>	14	
<input type="checkbox"/>	15	
<input type="checkbox"/>	16	
<input type="checkbox"/>	17	
<input type="checkbox"/>	18	
<input type="checkbox"/>	19	
<input type="checkbox"/>	20	
<input type="checkbox"/>	21	
<input type="checkbox"/>	22	
<input type="checkbox"/>	23	
<input type="checkbox"/>	24	
<input type="checkbox"/>	25	
<input type="checkbox"/>	26	
<input type="checkbox"/>	27	
<input type="checkbox"/>	28	
<input type="checkbox"/>	29	
<input type="checkbox"/>	30	
<input type="checkbox"/>	31	



FACEBOOK.COM/ACROARTS

www.AcrobaticArts.ca

@ACROBATIC_ARTS

