

Daily Stretching Static/Active Program

Please tick each day that you stretch

Legend: M = Morning A = Afternoon

Stretch																												
	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S
	M/A	M/A	M/A	M/A	M/A	M/A	M/A	M/A	M/A	M/A	M/A	M/A	M/A	M/A	M/A	M/A	M/A	M/A	M/A	M/A	M/A	M/A	M/A	M/A	M/A	M/A	M/A	M/A
Side Neck stretch (exercise ball if possible)																												
Noodle Stretch (upper Back)																												
Lower Back Floor Twists																												
Glute Stretch																												
Lower Back Extension																												
Leg Rolls (Ball required)																												
Soleus Calf Stretch																												
Bent Arm Tricep Stretch																												
Standing/Seated Iliotibial Stretch																												
Standing/Lying Quad Stretch																												
Two handed Lat & Trap Stretch																												
Standing Pectoral Stretch																												
Standing Arm Pull (Front of Shoulder)																												
Standing Arm Cross (Back of Shoulder)																												
Standing Bicep Stretch																												
Forward & Circular Pelvic Tilt (exercise ball required)																												
Standing Oblique Stretch																												
Standing Hamstring Stretch																												
Standing Calf Stretch																												
Bent Knee Calf Stretch																												