

dANCE fACTORY

STRETCH OF THE MONTH

1. Be sure your muscles are warm before starting. After a hot bath or after dance class is a good 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 a 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 the 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 further, and hold for 45 seconds.
6. Repeat on the other side.
7. Check your splits - see if you have improved!
8. Ask an adult to initial the chart.



NAME

Date	Initial when completed	
	Right Side	Left Side
1st		
2nd		
3rd		
4th		
5th		
6th		
7th		
8th		
9th		
10th		
11th		
12th		
13th		
14th		
15th		
16th		

Date	Initial when completed	
	Right Side	Left Side
17th		
18th		
19th		
20th		
21st		
22nd		
23rd		
24th		
25th		
26th		
27th		
28th		
29th		
30th		
31st		