

## Two Day Flexibility Program

| STRETCH                   | Page  | Date     | Date     | Date     | Date     | Date     | Date     | Date     | Date     |
|---------------------------|-------|----------|----------|----------|----------|----------|----------|----------|----------|
|                           |       | __/__/__ | __/__/__ | __/__/__ | __/__/__ | __/__/__ | __/__/__ | __/__/__ | __/__/__ |
| Day 1                     |       |          |          |          |          |          |          |          |          |
| Neck Side Flexion         | 7     |          |          |          |          |          |          |          |          |
| Neck Rotation             | 8     |          |          |          |          |          |          |          |          |
| Levator Scapulae          | 9     |          |          |          |          |          |          |          |          |
| Neck Extensors            | 10    |          |          |          |          |          |          |          |          |
| Pec major/Minor           | 11,12 |          |          |          |          |          |          |          |          |
| Rhomboids                 | 14    |          |          |          |          |          |          |          |          |
| Day 2                     |       |          |          |          |          |          |          |          |          |
| Hamstring stretch         | 21    |          |          |          |          |          |          |          |          |
| Glute Stretch             | 20    |          |          |          |          |          |          |          |          |
| Quad / Hip Flexor Stretch | 23    |          |          |          |          |          |          |          |          |
| Groin Stretch             | 22    |          |          |          |          |          |          |          |          |
| Calf Stretch              | 26    |          |          |          |          |          |          |          |          |