

# Stretching/Flexibility

## Pre-Team/Team

Twist and kicks - 3x twist, 3x side kicks

Windmill - 10

Trunk-throughs - 10

Standing pike

Tuck stretch with toe rises

Wrists

Cat stretch

Cat stretch with each arm through

Seal stretch

Mermaid stretch (each side)

Down dog hold

Down dog alternating heel raise - fast  
and then hold each

Down dog ankle rolls

Up-down and around - 5x each side

Side - swing to ring 5x each side

Lying quad stretch

Right side lunge

Right side half split

Right side lunge, grabbing back foot

Right split - 1 minute

Left side lunge

Left side half split

Left side lunge, grabbing back foot

Left split - 1 minute

Right/left leg side lunge - knee to ceiling

Straddle stretch - up and over, each side

Straddle stretch - middle

Straddle stretch - chest to leg, each side

Straddle stretch - middle

Middle split - 1 minute

Sitting pike - pointed and then flexed

Half butterfly - right leg straight, then  
left

Booty stretches - each side

Bridge - regular (20 seconds)

Bridge - feet together, legs straight (20  
seconds)

Tris - each side

Shoulders - each side

Neck rolls - 2x each direction

# Stretching/Flexibility

## Level 1/2

Twist and leg lift - 3x twist, 1 leg lift

Standing straddle

Standing pike

standing quad stretch

Tuck stretch

Wrists

Baby Cat stretch

Seal stretch

Down dog hold

Down dog alternating heel raises

Up-down - 5x each side

Right side lunge

Right side half split

Right split - 30 seconds

Left side lunge

Left side half split

Left split - 30 seconds

Right/left leg side lunge - knee to ceiling

Straddle stretch - up and over, each side

Straddle stretch - middle

Straddle stretch - chest to leg, each side

Straddle stretch - middle

Middle split - 30 seconds

Sitting pike - pointed and then flexed

Butterfly

Booty stretches - each side

Bridge - regular (10 seconds)

Bridge - feet together, legs straight (10 seconds)

Tris - each side

Shoulders - each side

Neck rolls - 2x each direction

# Stretching/Flexibility

## Preschool/Boys PS

Standing straddle

Standing pike

Tuck stretch

Wrists

Baby Cat stretch

Seal stretch

Down dog hold

Up-down - 3x each side

Right side lunge

Right side half split

Left side lunge

Left side half split

Straddle stretch - up and over, each side

Straddle stretch - middle

Straddle stretch - chest to leg, each side

Straddle stretch - middle

Sitting pike - pointed and then flexed

Butterfly

Bridge - hand position

Bridge - attempt or 10 second hold

Tris - each side

Shoulders - each side

Neck rolls - 2x each direction

# Stretching/Flexibility

## Boys

Twist and leg lift - 3x twist, 1 leg lift

Standing straddle

Standing pike

standing quad stretch

Tuck stretch

Wrists

Baby Cat stretch

Seal stretch

Down dog hold

Down dog alternating heel raises

Up-down - 5x each side

Right side lunge

Right side half split

Left side lunge

Left side half split

Right/left leg side lunge - knee to ceiling

Straddle stretch - up and over, each side

Straddle stretch - middle

Straddle stretch - chest to leg, each side

Straddle stretch - middle

Sitting pike

Butterfly

Booty stretches - each side

Bridge - regular (10 seconds)

Tris - each side

Shoulders - each side

Neck rolls - 2x each direction