

Stretch Sheet 1



*** **Always better** to **UNDER-STRETCH** than to..**OVER-STRETCH** !

* **“No PAIN – No GAIN”** attitude doesn’t work here.

* **Relax – Relax & Relax** while **stretching** and **holding**. **No bouncing!**

* Determine “your” **Holding Times**, (30 counts per max.// 10 cp min.) record on Sheet.

* Listen to what your muscles are saying. “stretch and hold me”..while relaxing !

(Remember to do both **right and left sides** on #'s 3,4,5,6,12,15,20,21,22,23.)

