## Spiral Stretch Challenge

<u>Date</u>	<u>Signature</u>	□ L D
		<u> </u>
		When doing Spirals
		Head up Arched back
		Straight knees and legs
		Pointed toe
		Leg position above hip level
		(Tf a family mamban is sycilable
		(If a family member is available to help lift your legs higher
		it is a wonderful tool to
		encourage higher leg positions)
Total		

## Requirements

Warm up by jogging or jumping for at least FIVE minutes Stretch for another FIVE minutes

Practice spirals, holding each for at least TEN seconds You can stretch several times per day, but take breaks.