

GENERAL STRETCH – Standard programme

Write the Number of repetitions of each exercise in the box.
If you do them twice a day that will be two numbers in each box.

THE EXERCISES	WEEK ONE							WEEK TWO						
	Mon	Tue	Wed	Thu	Fri	Sat	Sun	Mon	Tue	Wed	Thu	Fri	Sat	Sun
DATE														
1.Neck flexion														
2.Neck rotation														
3.Neck side bend														
4.Shoulder rotation														
5.Shoulder horizontal flexion														
6. Upper back rotation														
7. Pelvic tilt														
8. Low back flexion														
9. Hip flexion														
10.Upper trunk extension														
11.Hip rotation														
12.Shoulder flexion														
13. Calf stretch														
14.Lower trunk side bend														

