

STRETCHING POSITIONS IN PROGRESSION

Head, Neck & Shoulders

<p>1) Head Tilt & Hold Gently push head one hand on head and pull shoulders down in the opposite direction.</p>	<p>2) Stretch Up & Over Stretch arms up, lace fingers behind back, bend over and lift arms up and over the head.</p>	<p>3) Arm Across & Pat on the Back Pull right arm across the chest using the left arm. Then pull arm back over, up and hand behind the head and push right elbow up to the sky with the left hand.</p>	
<p>4) Partner Shoulder Stretch Partner places knees gently into shoulder blades & hands under shoulders to open them up.</p>	<p>5) Touch Your Toes & Round Out Bend your legs, touch your toes and hollow out your back (grab around the knees if needed).</p>	<p>6) Tuck Sit Stretch & Roll Sit in a tuck position with hands over the knees, lean back and let the tension release in the shoulders and back for the stretch, then roll back and forth.</p>	
<p>7) Knee Crossover Stretch #1 Sit, left foot crosses over right leg, right arm pushes away & upper body turns left; switch legs.</p>	<p>8) Knee Crossover Stretch #2 Lay back, left hand brings right knee over to the left side while upper body turns right; switch.</p>	<p>9) Butterfly Bend knees, point toes and touch, lift chest up and lean over with back straight.</p>	<p>10) Straddle Sit Sit in straddle position with legs straight, roll knees out, point toes, lift chest up and lean over.</p>
<p>11) Side Hurdler Left leg out straight, flex toe and hold (or as close as possible), lay chest flat on leg; switch legs.</p>	<p>12) Pike Stretch Both legs out straight, toes pointed or flexed, left chest & arms up & reach past the toes.</p>	<p>13) Standing Pike Stretch Keep legs straight, touch the ground (or as low as possible) and pull chest to the knees.</p>	<p>14) Achilles/Calves Stretch Half pushup position but in slight pike, cross left foot over the right & push heel down; switch.</p>
<p>15) Front Leg Lunges Step back into right leg lunge (90 degree angle) at the knees, move to elbows; switch.</p>	<p>16) Bowling Lunges Step back into right leg lunge, lean onto back leg and straighten front leg; switch.</p>	<p>17) Splits From a lunge, slide front or back into split position, keep hips square; switch.</p>	<p>18) Middle Splits Sit in straddle sit; move weight onto elbows and slowly slide into wider straddle.</p>
<p>19) Floor Partner Stretch Partner lifts other partner's leg up, holds the bottom leg straight; keep hips square; switch.</p>	<p>20) Knee Partner Stretch Lay back, left hand brings right knee over to the left side while upper body turns right; switch.</p>	<p>21) Standing Partner Stretch #1 Make sure legs stay squared; good for scales; switch legs.</p>	<p>22) Standing Partner Stretch #2 Lift up the chest to help stabilize the partner; keep the hips squared; switch.</p>

Cheerleading Conditioning For Peak Performance

Linda Rae Chappell



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