




Fit Kit Circuit Stretch

Exercise						Manual-Notes (if any)
 <p>Beginning Wide Leg Stretch</p> <ol style="list-style-type: none"> 1. Begin by standing in mountain pose Tadasana inhale and softly jump the feet wide apart. Turn the big toes in and the heels out. 2. Inhale and extend the arms to the side then exhale and place the hands onto the hips and bend forward with a straight spine. Do not allow the spine to round here. 3. Spread the toes and gently push down through all four corners of the feet then lift the kneecaps and tilt the tailbone up towards the sky. Tuck the chin in to lengthen the cervical vertebra. 4. Pull the navel in towards the spine and lift the pelvic floor muscles. Hold this posture for 5 to 10 deep breaths. <p>Trainer's comments:</p>	Set s	Rep s	Weight/ Resistanc e	Temp o	Tim e	
	1	1			20 sec	
	Actual Done					
	1					
 <p>Hip Flexor Quad Stretch</p> <ol style="list-style-type: none"> 1. Step out 1-2 feet with one foot. 2. Slowly push pelvis downward and forward until stretch is felt in front of back thigh. 3. Hold for 20-30 seconds. Repeat as prescribed. 4. Remember to keep the low back straight. <p>Trainer's comments: Right Side</p>	Set s	Rep s	Weight/ Resistanc e	Temp o	Tim e	
	1	1			20 sec	
	Actual Done					
	1					




Prone Calf Stretch

1. Start by placing both feet flat on the ground. Lean forward and place your hands on the ground in a semi pushup position.
2. Walk your hands in toward your feet until a stretch is felt in your calves.
3. Hold for the prescribed time and then repeat.

Trainer's comments:
Right Side

Set s	Rep s	Weight/ Resistanc e	Temp o	Tim e
1	1			20 sec
Actual Done				
1				

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Gentle Sun Salutation

1. Stand up with toes together, heels apart. Inhale and sweep the arms up overhead. Exhale and fall forward, bend knees if you need to.
2. Place the hands on the floor, your ankles or shins. Inhale and look up, pulling your back up until it is flat. 3. Exhale and fall forward. Inhale and sweep the arms up as you come back to standing position. Exhale and take the arms down.
4. Repeat this series 4 times.

Trainer's comments:

Set s	Rep s	Weight/ Resistanc e	Temp o	Tim e
1	1			20 sec
Actual Done				
1				

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Hip Flexor Quad Stretch

1. Step out 1-2 feet with one foot.
2. Slowly push pelvis downward and forward until stretch is felt in front of back thigh.
3. Hold for 20-30 seconds. Repeat as prescribed.
4. Remember to keep the low back straight.

Trainer's comments:
Left Side

Set s	Rep s	Weight/ Resistanc e	Temp o	Tim e
1	1			20 sec
Actual Done				
1				

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Prone Calf Stretch

1. Start by placing both feet flat on the ground. Lean forward and place your hands on the ground in a semi pushup position.
2. Walk your hands in toward your feet until a stretch is felt in your calves.
3. Hold for the prescribed time and then repeat.

Trainer's comments:
Left Side

Set s	Rep s	Weight/ Resistanc e	Temp o	Tim e
1	1			20 sec
Actual Done				
1				

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Standing Wide Leg Forward Fold

1. Place the feet wide apart, big toes facing in, heels facing out, place the hands on the floor with a straight spine. Tuck the chin in to gently lengthen the cervical vertebrae.
2. Lift the sigmoid up towards the sky and gently push down through all four corners of the feet. Maintain a neutral and straight spine. Pull the navel towards the spine to contract the abdominals and lift the pelvic floor muscles.
3. Keep the legs straight and the kneecaps lifted to contract the quadricep muscles. Maintain this posture for 5 to 10 deep breaths.

Trainer's comments:

Set s	Rep s	Weight/ Resistanc e	Temp o	Tim e
1	1			20 sec
Actual Done				
1				

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Gentle Sun Salutation

1. Stand up with toes together, heels apart. Inhale and sweep the arms up overhead. Exhale and fall forward, bend knees if you need to.
2. Place the hands on the floor, your ankles or shins. Inhale and look up, pulling your back up until it is flat. 3. Exhale and fall forward. Inhale and sweep the arms up as you come back to standing position. Exhale and take the arms down.
4. Repeat this series 4 times.

Trainer's comments:
Roll up slowly as you count to 4.

Set s	Rep s	Weight/ Resistanc e	Temp o	Tim e
1	1			20 sec
Actual Done				
1				

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