FORM 10: FLEXIBILITY TRAINING LOG

Use the following chart to record your workouts. This form can be photocopied or downloaded from www.thehollywoodtrainer.com. Take your time to execute each stretch with good form and technique.

Keep the following questions in mind to ensure that you are achieving maximum results:

What areas do I feel need additional stretching?

Are there any areas that were not stretched in which I felt pain or stiffness?

Notes about areas that I would like to put more focus on:

	LENGTH OF TIME HOLDING STRETCH											
Date												
Straddle Stretch Center												
Straddle Stretch Right												
Straddle Stretch Left												
Forward Flexion, Right Knee Bent												
Forward Flexion, Flexion, Left Knee Bent												
Right Quadriceps Stretch												
Left Quadriceps Stretch												
Cross-Legged Stretch, Right Leg												

Date												
Cross-Legged Stretch, Left Leg												
Right Hamstring Stretch												
Left Hamstring Stretch												
Right Buttocks Stretch												
Left Buttocks Stretch												
Spinal Rotation, Right Side												
Spinal Rotation, Left Side												
Cobra Stretch (Abs)												
Cat Stretch (Lower Back)												
Right Calf Stretch												
Left Calf Stretch												
Chest and Front Deltoid right												
Chest and Front Deltoid left												
Bicep and Forearm right												
Bicep and Forearm left												
Right Triceps												
Left Triceps												
Upper Back												
Right Rear Deltoid and Triceps												
Left Rear Deltoid and Triceps												
Right Neck Stretches												
Left Neck Stretches												