Flexibility Progression Log

Purpose:

The purpose of this log is to provide a record of progress in increasing flexibility in selected joints.

Directions:

Record the date, sets and hold time for each of the exercises listed in the left column.

St/Hold = Sets and hold time
Example: 2/30 = 2 sets held for 30 seconds each.

DATE							
Exercise	**St/Hold**	**St/Hold**	**St/Hold**	**St/Hold**	**St/Hold**	**St/Hold**	**St/Hold**
Lower leg stretch							
Inside leg stretch							
One leg stretch							
Lower back stretch							
Chest stretch							
Side stretch							
Thigh stretch							
Neck stretch							
Shin stretch							
Leg stretch							
Trunk twister							
Spine twister							