

**Name:**

**Class/Hour:**

**Ronny the Robot is stiff as a board. Can you help him loosen up like a rubber band?**

**Every day complete two stretches for the lower body (L) and two for the upper body (U). Break a sweat before you do each stretch three times for 10 seconds apiece. Then check off your results in the table (See example for first Sunday).**

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| **Day** | **S** | **M** | **T** | **W** | **R** | **F** | **S** |
| **Week** | **L** | **U** | **L** | **U** | **L** | **U** | **L** | **U** | **L** | **U** | **L** | **U** | **L** | **U** |
| **1** | **🗸** | **🗸** |  |  |  |  |  |  |  |  |  |  |  |  |
| **2** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| **3** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| **4** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |

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