

# LABORATORY 5.3



Complete Lab 5.3 online at [www.pearsonhighered.com/powers](http://www.pearsonhighered.com/powers).

Name \_\_\_\_\_

Date \_\_\_\_\_

Instructor \_\_\_\_\_

Section \_\_\_\_\_

## Flexibility Progression Log

Use this log to record your progress in increasing flexibility in selected joints. Record the date, hold time, and sets for each of the exercises listed in the left column.

Date							
Exercise	St/Hold	St/Hold	St/Hold	St/Hold	St/Hold	St/Hold	St/Hold
Lower leg stretch (see Exercise 5.1)							
Shin stretch (see Exercise 5.2)							
Thigh stretch (see Exercise 5.3)							
Leg stretch (see Exercise 5.4)							
Modified hurdler's stretch (see Exercise 5.5)							
Inside leg stretch (see Exercise 5.6)							
Hip and gluteal stretch (see Exercise 5.7)							
Lower back stretch (see Exercise 5.8)							
Side stretch (see Exercise 5.9)							
Trunk twister (see Exercise 5.10)							
Chest stretch (see Exercise 5.11)							
Neck stretch (see Exercise 5.12)							

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

To submit the completed lab, save the form to your computer and email it to your instructor or upload it to their digital dropbox as directed.