

Station 1

Quadriceps stretch



Activity 5.3 Stretch Station Cards

From NASPE, 2011, *Physical Best activity guide: Middle and high school levels*, 3rd edition (Champaign, IL: Human Kinetics).



Station 2

Hamstring stretch (modified hurdler stretch)



Activity 5.3 Stretch Station Cards

From NASPE, 2011, *Physical Best activity guide: Middle and high school levels*, 3rd edition (Champaign, IL: Human Kinetics).

Station 3

Calf stretch



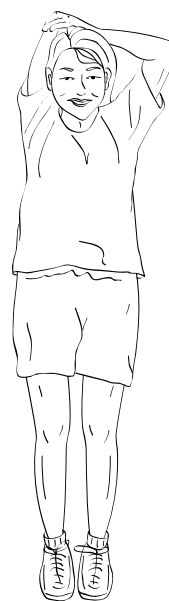
Activity 5.3 Stretch Station Cards

From NASPE, 2011, *Physical Best activity guide: Middle and high school levels*, 3rd edition (Champaign, IL: Human Kinetics).



Station 4

Triceps stretch



Activity 5.3 Stretch Station Cards

From NASPE, 2011, *Physical Best activity guide: Middle and high school levels*, 3rd edition (Champaign, IL: Human Kinetics).

Station 5

Inner thigh stretch (butterfly)



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Station 6

Piriformis stretch

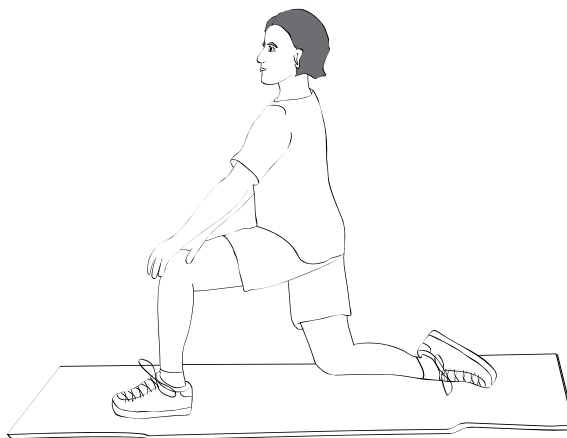


Activity 5.3 Stretch Station Cards

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Station 7

Hip flexor stretch **(front lunge)**



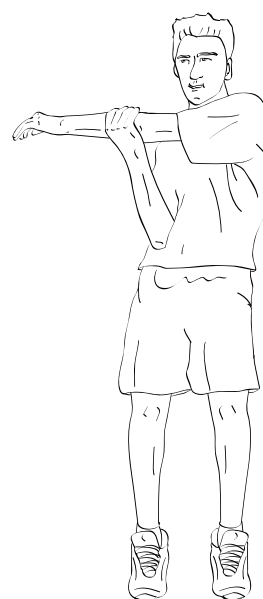
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Station 8

Shoulder **stretch** **(arm across the body)**

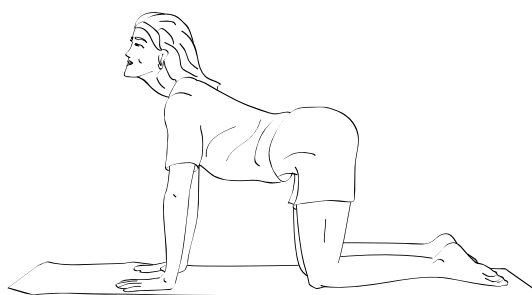


Activity 5.3 Stretch Station Cards

From NASPE, 2011, *Physical Best activity guide: Middle and high school levels*, 3rd edition (Champaign, IL: Human Kinetics).

Station 9

Cat stretch



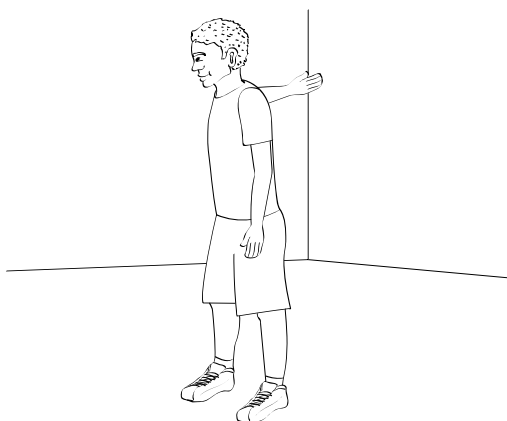
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Station 10

Biceps wall stretch



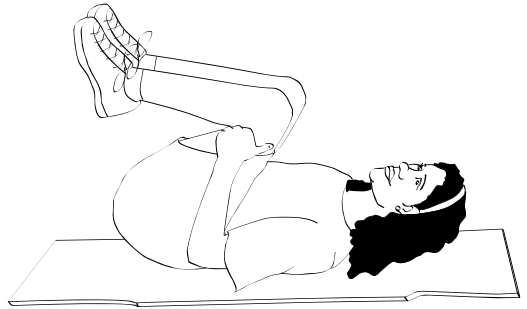
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Station 11

Fetal position low-back stretch

Lying on the floor, bring both knees up to the chest and hold, wrapping the hands into the bend behind the knees.



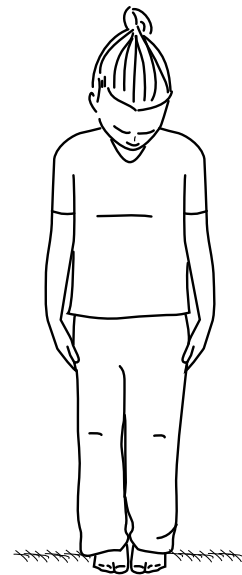
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Station 12

Chin to chest stretch (sitting or standing)



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