



full name : _____

Class : _____

Name of Stretch	Illustration	How to (parents to supervise and assist)	I can hold for? (seconds)
Plank Hold		1. Rest the forearms on the ground. 2. Keep the arms parallel to the body. 3. Keep the head in line with the back. 4. Slightly lift the legs and the core a little upwards with the tip of the toes on the ground and hold it.	
Squat Hold		1. Keep the feet shoulder-width apart. 2. Bend the knees like sitting on a chair while holding the heels on the ground. 3. While doing this, pull in the abs and keep the back straight. 4. Push the hips back and lower as much as it's comfortable.	
Bridge Hold		1. Lie on the back; keep the hands on the sides, and the knees bent. 2. Place the feet shoulder-width apart. 3. Pushing the body with the heels, lift the hips off the ground while keeping the back straight. 4. Breathe out and hold the position.	
Splits Hold		1. Sit with the back straight. 2. Stretch both the legs as wide as comfortable. 3. Put the right hand on the right knee and the left hand on the left knee and hold the pose.	
Forward Hold		1. Kneel on the mat with the hips on the heels. 2. Keeping the toes together, open the knees hip-distance apart. 3. Lean forward and drape the body over the thighs, so that the forehead rests on the floor. 4. Stretch the arms straight to the front.	

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