

YLHS Colorguard Stretching Routine

- Start in butterfly
 - 2 turtles
 - 2 arm arounds (4's, 2's, and 1's)
 - over (16 counts)
- Straight legs
 - 4 pulses (8 counts each)
 - hold over (16 counts)
 - hip rotators
- Second position
 - pulses on each side (2 counts each)
 - hold center
 - roll over into middle splits
 - roll through (butterfly)
- Lie on your back
 - back cracker and hip cracker (right side first)
 - point, flex (2 sets)
 - point, roll over
 - splits (16 counts)
 - switch sides & repeat
- Lunges
 - over (to the left first)
 - flat back
 - down
 - lunge
 - up again
 - flex, relevé
 - repeat on right side
 - center
 - walk hands forward
 - ponche on each leg
 - walk hands back
 - stand up
- Standing up
 - head rolls (4's, 2's, and 1's- left side first)
 - arms & wrists (8 counts)
- Backs
 - stretch backs
 - backbend for 16 counts