

3 Month Full Splits Challenge - AShotofAdrenaline.net

Measuring ==>	For the measurements below use a yard stick or a tape measure and measure in inches how far you can go into each stretch.												
Beginning Measurements	Seated Hamstring:		Full Pancake:		Side Splits:								
End of 1st month	Seated Hamstring:		Full Pancake:		Side Splits:								
End of 2nd month	Seated Hamstring:		Full Pancake:		Side Splits:								
Final Measurements	Seated Hamstring:		Full Pancake:		Side Splits:								
Stretching ==>	Each stretch below should be done for 5 minutes. Follow Focused Flexibilities ' recommendation of 10 sec movement, 30 second hold.												
	Partial Lunge (R)	Partial Lunge (L)	Frog	Full Pancake:	Half Pancake (R)	Half Pancake (L)		Partial Lunge (R)	Partial Lunge (L)	Frog	Full Pancake:	Half Pancake (R)	Half Pancake (L)
Jun 10, 2013							Jul 26, 2013						
Jun 11, 2013							Jul 27, 2013						
Jun 12, 2013							Jul 28, 2013						
Jun 13, 2013							Jul 29, 2013						
Jun 14, 2013							Jul 30, 2013						
Jun 15, 2013							Jul 31, 2013						
Jun 16, 2013							Aug 1, 2013						
Jun 17, 2013							Aug 2, 2013						
Jun 18, 2013							Aug 3, 2013						
Jun 19, 2013							Aug 4, 2013						
Jun 20, 2013							Aug 5, 2013						
Jun 21, 2013							Aug 6, 2013						
Jun 22, 2013							Aug 7, 2013						
Jun 23, 2013							Aug 8, 2013						
Jun 24, 2013							Aug 9, 2013						
Jun 25, 2013							Aug 10, 2013						
Jun 26, 2013							Aug 11, 2013						
Jun 27, 2013							Aug 12, 2013						
Jun 28, 2013							Aug 13, 2013						
Jun 29, 2013							Aug 14, 2013						
Jun 30, 2013							Aug 15, 2013						
Jul 1, 2013							Aug 16, 2013						
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Jul 3, 2013							Aug 18, 2013						
Jul 4, 2013							Aug 19, 2013						
Jul 5, 2013							Aug 20, 2013						
Jul 6, 2013							Aug 21, 2013						
Jul 7, 2013							Aug 22, 2013						
Jul 8, 2013							Aug 23, 2013						
Jul 9, 2013							Aug 24, 2013						
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Jul 15, 2013							Aug 30, 2013						
Jul 16, 2013							Aug 31, 2013						
Jul 17, 2013							Sep 1, 2013						
Jul 18, 2013							Sep 2, 2013						
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