Warm-up song: Row, Row, Row Your Boat

by The Wiggles (Nursery Rhyme Album)

Use the stretchy band to sit in a Pike position and act out "Rowing Your Boat".

After the song do a basic stretch and include the following:

- **STRADDLE STRETCH** side to side and to the middle.
- **BUTTERFLY STRETCH**
- **SPLIT STRETCH**



STRADDLE STRETCH



BUTTERFLY STRETCH



SPLIT STRETCH



SLIDE
("AKA" REVERSE PLANK)



REVERSE SLIDE
("AKA" PLANK)