

Welcome to the StretchTowel 30 Day Flexibility Challenge!

You can *Be More Flexible*™ in 30 days by following our stretching program for 10 minutes a day. The best part is that you can stretch using the StretchTowel almost anywhere- at home, at work, at the gym, and even while watching TV!

This document fully describes the 30 Day Flexibility Challenge and allows you to keep a record of your improvements in flexibility.

If you follow the StretchTowel program for 30 days, you will improve your flexibility. In order to quantify your improvements, please take our self-administered Flexibility Test. This test allows you to measure your flexibility at home without the need for any special equipment. You will need a ruler or tape measure and the test is easier if you have a friend take the measurements so that you can concentrate on stretching!

Prior to performing the test, you should warm-up by completing any of the standard 10 minute StretchTowel stretching routines.

The Flexibility Test consists of the following 6 measurements:

1. Hamstrings and Low Back Test (Sit and Reach)
2. Quadriceps Test
3. Calves Test
4. Trunk Rotation Test
5. Shoulders Test
6. Chest Test

You will get an initial flexibility score by following the worksheet on the next page. Your score will be the sum of your scores on each of the six tests and will represent the number of inches of flexibility that you have compared to excellent flexibility. If you score a zero, you have excellent flexibility. If you score a positive number, that is the number of inches of flexibility that you beyond excellent flexibility. If you have a negative score (which you likely will), this is the number of inches of flexibility that you need to gain to have excellent flexibility.

INITIAL FLEXIBILITY TEST SCORE

DATE: \_\_\_\_\_

Test Number	Item to Record (all measurements should be made in inches)	Interim Calc.	Score
<b>Test 1: Hamstrings and Low Back</b>	Record the distance that you reached past the tips of your toes and enter this as your score for this test. The score will be negative if you did not reach your toes.		
Test 2: Quadriceps	Measurement 1- Record the distance from your right heel to your buttocks. Enter 0 if you reached your heel to buttocks, otherwise a negative number for the distance between.		
Test 2: Quadriceps	Measurement 2- Record the distance from your left heel to your buttocks. Enter 0 if you reached your heel to buttocks, otherwise a negative number for the distance between.		
<b>Test 2: Quadriceps</b>	Calculate the average of Measurement 1 and Measurement 2. Enter this average as your score for this test.		
Test 3: Calves	Record the distance between your toes and the wall.		
<b>Test 3: Calves</b>	Subtract 6 inches from the Interim Calculation above (Therefore if your distance from the wall is greater than 6 inches the score will be positive, otherwise negative)		
Test 4: Trunk Rotation	Measurement 1- Record the distance that your fingertips reached past the vertical line from your right rotation. If you did not reach the vertical line, your score will be negative. Enter this in the Interim Calculation box to the right.		
Test 4: Trunk Rotation	Measurement 2- Record the distance that your fingertips reached past the vertical line from your left rotation. If you did not reach the vertical line, your score will be negative. Enter this in the Interim Calculation box to the right.		
<b>Test 4: Trunk Rotation</b>	Calculate the average of Measurement 1 and Measurement 2. Enter this average as your score for this test.		
Test 5: Shoulders	Measurement 1- Record the distance that your left fingertips are past your right from your right arm above test. If your fingertips do not reach, your score will be negative. Enter this in the Interim Calculation box to the right.		
Test 5: Shoulders	Measurement 2- Record the distance that your right fingertips are past your left from your left arm above test. If your fingertips do not reach, your score will be negative. Enter this in the Interim Calculation box to the right.		
<b>Test 5: Shoulders</b>	Calculate the average of Measurement 1 and Measurement 2. Enter this average as your score for this test.		
Test 6: Chest	Measurement 1- Record the distance that your right elbow reached past the vertical line. If your elbow does not reach, your score will be negative.		
Test 6: Chest	Measurement 2- Record the distance that your left elbow reached past the vertical line. If your elbow does not reach, your score will be negative.		
<b>Test 6: Chest</b>	Calculate the average of Measurement 1 and Measurement 2. Subtract 2.5" from this number and enter this value as your score for this test		
<b>FLEXIBILITY SCORE</b>	Add up your scores from all six tests and this is your FLEXIBILITY SCORE!		

30 DAY CHALLENGE EXERCISE LOG

<b>Session Number</b>	<b>Date Completed</b>	<b>Notes</b>
Session 1		
Session 2		
Session 3		
Session 4		
Session 5		
Session 6		
Session 7		
Session 8		
Session 9		
Session 10		
Session 11		
Session 12		
Session 13		
Session 14		
Session 15		
Session 16		
Session 17		
Session 18		
Session 19		
Session 20		
Session 21		
Session 22		
Session 23		
Session 24		
Session 25		
Session 26		
Session 27		
Session 28		
Session 29		
Session 30		

UPDATED FLEXIBILITY TEST SCORE

DATE: \_\_\_\_\_

Test Number	Item to Record (all measurements should be made in inches)	Interim Calc.	Score
<b>Test 1: Hamstrings and Low Back</b>	Record the distance that you reached past the tips of your toes and enter this as your score for this test. The score will be negative if you did not reach your toes.		
Test 2: Quadriceps	Measurement 1- Record the distance from your right heel to your buttocks. Enter 0 if you reached your heel to buttocks, otherwise a negative number for the distance between.		
Test 2: Quadriceps	Measurement 2- Record the distance from your left heel to your buttocks. Enter 0 if you reached your heel to buttocks, otherwise a negative number for the distance between.		
<b>Test 2: Quadriceps</b>	Calculate the average of Measurement 1 and Measurement 2. Enter this average as your score for this test.		
Test 3: Calves	Record the distance between your toes and the wall.		
<b>Test 3: Calves</b>	Subtract 6 inches from the Interim Calculation above (Therefore if your distance from the wall is greater than 6 inches the score will be positive, otherwise negative)		
Test 4: Trunk Rotation	Measurement 1- Record the distance that your fingertips reached past the vertical line from your right rotation. If you did not reach the vertical line, your score will be negative. Enter this in the Interim Calculation box to the right.		
Test 4: Trunk Rotation	Measurement 2- Record the distance that your fingertips reached past the vertical line from your left rotation. If you did not reach the vertical line, your score will be negative. Enter this in the Interim Calculation box to the right.		
<b>Test 4: Trunk Rotation</b>	Calculate the average of Measurement 1 and Measurement 2. Enter this average as your score for this test.		
Test 5: Shoulders	Measurement 1- Record the distance that your left fingertips are past your right from your right arm above test. If your fingertips do not reach, your score will be negative. Enter this in the Interim Calculation box to the right.		
Test 5: Shoulders	Measurement 2- Record the distance that your right fingertips are past your left from your left arm above test. If your fingertips do not reach, your score will be negative. Enter this in the Interim Calculation box to the right.		
<b>Test 5: Shoulders</b>	Calculate the average of Measurement 1 and Measurement 2. Enter this average as your score for this test.		
Test 6: Chest	Measurement 1- Record the distance that your right elbow reached past the vertical line. If your elbow does not reach, your score will be negative.		
Test 6: Chest	Measurement 2- Record the distance that your left elbow reached past the vertical line. If your elbow does not reach, your score will be negative.		
<b>Test 6: Chest</b>	Calculate the average of Measurement 1 and Measurement 2. Subtract 2.5" from this number and enter this value as your score for this test		
<b>FLEXIBILITY SCORE</b>	Add up your scores from all six tests and this is your FLEXIBILITY SCORE!		

## DESCRIPTION OF FLEXIBILITY TESTS

### **I. Hamstrings and Low Back Test (Sit and Reach)**

Muscles Tested: Hamstrings and Low Back  
Equipment: Ruler or tape measure and a step

Procedure: Remove your shoes and sit on the floor with your legs extended. Place the soles of your feet against the step, with toes pointed up and feet slightly apart. Place your hands together and reach forward slowly. Hold for a measurement at the furthest point that you can reach.

Measurement: Record the distance that you reached relative to your toes. If you reached past your toes, then you have a positive score the number of inches past your toes. If you did not reach your toes, then you have a negative score of the number of inches short of your toes.

### **II. Quadriceps Test**

Muscles Tested: Quadriceps  
Equipment: Ruler or tape measure

Procedure: Remove your shoes and lie on the floor face down, with your body fully resting on the floor surface and your arms by your side. This test measures your quadriceps flexibility one leg at a time. First, bend your right leg at the knee and attempt to touch your right heel to your right buttocks. After you have completed the measurement below, repeat the procedure with the left quadriceps.

Measurement: Have a partner measure the distance from your heel to your buttocks, holding the ruler vertically. If your heel touches, you have a score of 0. If your heel does not touch, then you have a negative score of the number of inches of separation. Your overall score on this test is the average of the left and right sides.

### **III. Calves Test**

Muscles Tested: Calves  
Equipment: Ruler or tape measure

Procedure: Remove your shoes and stand facing a wall. Start out close to the wall, and keeping your feet flat on the ground, bend your knees forward so that both knees touch the wall. You can touch the wall with your hands to stabilize yourself. Stand up and back away from the wall and repeat this procedure until you find the maximum distance that you can touch the wall with you knees without your heels lifting.

Measurement: Record the distance between your toes and the wall. Your calves score is the distance measured minus 6".

### **IV. Trunk Rotation Test**

Muscles Tested: Trunk and Shoulders  
Equipment: Ruler or tape measure

**Procedure:** Stand facing away from a wall. You will need to find a wall that has a vertical line on it, such as the edge of a closed door, vertical trim or any decoration. If need be, you can temporarily place a piece of tape vertically on the wall. Locate yourself so that the vertical line is centered behind you and so that you are approximately an arms length away from the wall (you may need to adjust your distance from the wall once you begin the test). Stand with knees slightly bent and your feet shoulder width apart. Place both arms directly out in front of you so that they are parallel to the ground, with your hands touching each other. Without moving your feet or lifting your heels, rotate to the right. You should rotate with your hips, trunk and shoulders. Mark the location on the wall where your fingers touch when you are maximally rotated. After you have completed the measurement below, repeat the procedure by rotating to the left.

**Measurement:** Measure the distance from your fingertips to the vertical line. If you passed across the line then your right rotation score is the number of inches past the vertical line. If you did not pass the vertical line then your right rotation score is negative by the number of inches that you touched short of the line. Your overall score on this test is the average of the left and right rotations.

## **V. Shoulder Test**

**Muscles Tested:** Shoulders  
**Equipment:** Ruler or tape measure

**Procedure:** Stand comfortably and place your right arm vertically above your head. Bend your right elbow so your right arm hangs behind your head. Reach your right arm down the center of your back with your palm facing your back. With your right arm in position, place your left arm at your side. You're your left elbow so that your left arm extends behind your back. With palm facing away from your back, reach your left arm up the center of your back towards your right arm. After you have completed the measurement below, repeat the procedure with your arms switched so that your left arm is on top and right arm on bottom.

**Measurement:** Measure the distance between your left finger tips and right fingertips. If your fingers are touching then your first shoulder score is 0. If your fingers are not touching then your first score is negative by the number of inches that they are short. Your overall score on this test is the average of the first and second measurements.

## **VI. Chest Test**

**Muscles Tested:** Chest  
**Equipment:** Ruler or tape measure

**Procedure:** Stand near a wall so that you are parallel to the wall with your right side facing toward the wall. You will need to find a wall that has a vertical line on it, such as the edge of a closed door, vertical trim or any decoration. If need be, you can temporarily place a piece of tape vertically on the wall. Locate yourself so that the vertical line is centered on your right shoulder. Lift both arms and bend them at the elbows so that your elbows are shoulder height and your hands are facing up, palms out. Without moving the rest of your body, pull your elbows back as far as you can. Mark the location on the wall where your right elbow extends back to. After you have completed the measurement below, repeat the procedure by lining up with your left side facing the wall and measuring the left elbow.

Measurement: Record the distance that your right elbow reached relative to the vertical line. If you did not reach the vertical line then your score is negative. Your right chest score is the distance measured minus 2.5. Your overall score on this test is the average of the right and left scores.

## DESCRIPTION OF STRETCHTOWEL 30 DAY FLEXIBILITY CHALLENGE

### I. Structure and Goals

The StretchTowel Flexibility Program consists of 30 sessions that each are approximately 10 -15 minutes in duration. Only one session should be performed each day, so the minimum duration of the program is 30 days. If you can not perform a session in a day, or would like to repeat a previous session, the program may take longer than 30 days. It is okay to space out your sessions, but you should complete all 30 sessions over a maximum of 60 days to achieve the full benefits of the program.

### II. The Four Phases of the 30 Day Flexibility Challenge

- A. Phase I - Instructional Performance: The first phase consists of seven daily sessions. The goal is to provide guided instruction on basic stretching, focusing on proper form and control. This will provide you with the building blocks of basic movements that we will build upon and combine in with advanced movements in Phases II thru IV. Phase I provides a gradual platform to prepare your muscles to gain flexibility over time. Finally Phase I provides a library of exercises that can be referred back to when necessary.
- B. Phase II – The Kinetic Chain: The second phase builds on the basic movements and combines specific stretches into more advanced stretches that work naturally as our bodies do in sequenced movements or what’s called a kinetic chain.
- C. Phase III – Alternating Upper and Lower Body: The third phase builds on the kinetic chain and extends into sequences of stretches that focus on specific areas of the body. In Phase III, the stretching routine alternates between upper body and lower body sessions.
- D. Phase IV – Head to Toe: The fourth phase connects an extended full body routine on alternate days. These routines are interleaved with static stretches on isolated body regions.

### III. The 30 Day Challenge

Here is a summary chart of each of the 30 sessions:

<b>Phase I: The Basics</b>	
<b>Session 1</b>	
	Overhead raise
	Isometric neck
	Neck lateral bending and rotation
	Triceps
	Biceps
<b>Session 2</b>	
	Seated rhomboid
	Seated lean down
	Seated calves
	Seated hamstring and cross-over
	Seated clock 9 & 3
<b>Session 3</b>	
	Standing quadriceps
	Standing lunge front foot with extension
	Standing lunge rear foot with torso rotation
	Standing lateral bend

	Standing rainbow
<b>Session 4</b>	
	Supine knee to chest, single and cross-over
	Supine hamstrings
	Supine calves
	Supine hip circles
	Side lying quads
<b>Session 5</b>	
	Overhead raise
	Isometric neck
	Neck lateral bending and rotation
	Triceps
	Biceps
	Seated rhomboid
	Seated lean down
	Seated calves
	Seated hamstring and cross-over
	Seated clock 9 & 3
<b>Session 6</b>	
	Standing quadriceps
	Standing lunge front foot with extension
	Standing lunge rear foot with torso rotation
	Standing lateral bend
	Standing rainbow
	Supine knee to chest, single and cross-over
	Supine hamstrings
	Supine calves
	Supine hip circles
	Side lying quads
<b>Session 7</b>	
	Crunches
	Overhead raise
	Neck lateral bending and rotation
	Triceps
	Biceps
	Seated clock 9 & 3
	Standing lunge front foot with extension
	Standing lunge rear foot with torso rotation
	Standing rainbow
	Supine hamstrings
	Side lying quads
<b>Phase II: The Kinetic Chain</b>	
<b>Session 8</b>	
	Overhead 3 position
	Triceps with lateral bending and extension
	Bow and arrow
<b>Session 9</b>	

	Seated calves and rhomboid with neck flexion/extension
	Supine PNF hamstring
	Supine calves to hip circles to lower leg cross over
<b>Session 10</b>	
	Side lying quads to prone quads to hip stretch
	Overhead 3 position
	Triceps with lateral bending and extension
	Bow and arrow
<b>Session 11</b>	
	Seated calves and rhomboid with neck flexion/extension
	Supine PNF hamstring
	Supine calves to hip circles to lower leg cross over
	Side lying quads to prone quads to hip stretch
	Overhead 3 position
	Triceps with lateral bending and extension
	Bow and arrow
	Cross-over upper body with lower body cross-over
<b>Session 12</b>	
	Standing clock 9 & 3
	Standing clock various positions
	Supine rainbow with side to side knee
<b>Session 13</b>	
	Standing squat with ST/// above head
	Bent over rows with sweeping side to side
	Overhead 3 position
	Triceps with lateral bending and extension
	Bow and arrow
<b>Session 14</b>	
	Crunches with bicycle movement forward and reverse
	Standing Squat with ST/// above head and lunges front and backward
	Overhead 3 position
	Triceps with lateral bending and extension
	Bow and arrow
<b>Phase III: Alternating Upper Body and Lower Body</b>	
<b>Session 15 (Upper Body)</b>	
	Isometric neck
	Overhead 3 position
	Triceps with lateral bending and extension
	Bow and arrow
	Seated rhomboid
	Seated lean down
	Standing clock 9 & 3
	Standing rainbow
	Standing squat with ST/// above head
<b>Session 16 (Lower Body)</b>	
	Seated calves and rhomboid with neck flexion/extension
	Supine PNF hamstring

	Supine calves to hip circles to lower leg cross over
	Side lying quads to prone quads to hip stretch
	Cross-over upper body with lower body cross-over
	Standing Squat with ST/// above head and lunges front and backward
	Bent over rows with sweeping side to side
	Crunches with bicycle movement forward and reverse
<b>Session 17 (Upper Body)</b>	
	Isometric neck
	Overhead 3 position
	Triceps with lateral bending and extension
	Bow and arrow
	Seated rhomboid
	Seated lean down
	Standing clock 9 & 3
	Standing rainbow
	Standing squat with ST/// above head
<b>Session 18 (Lower Body)</b>	
	Seated calves and rhomboid with neck flexion/extension
	Supine PNF hamstring
	Supine calves to hip circles to lower leg cross over
	Side lying quads to prone quads to hip stretch
	Cross-over upper body with lower body cross-over
	Standing Squat with ST/// above head and lunges front and backward
	Bent over rows with sweeping side to side
	Crunches with bicycle movement forward and reverse
<b>Session 19 (Upper Body)</b>	
	Isometric neck
	Overhead 3 position
	Triceps with lateral bending and extension
	Bow and arrow
	Seated rhomboid
	Seated lean down
	Standing clock 9 & 3
	Standing rainbow
	Standing squat with ST/// above head
<b>Session 20 (Lower Body)</b>	
	Seated calves and rhomboid with neck flexion/extension
	Supine PNF hamstring
	Supine calves to hip circles to lower leg cross over
	Side lying quads to prone quads to hip stretch
	Cross-over upper body with lower body cross-over
	Standing Squat with ST/// above head and lunges front and backward
	Bent over rows with sweeping side to side
	Crunches with bicycle movement forward and reverse
<b>Phase IV Head to Toe</b>	

<b>Session 21</b>	
	Overhead 3 position
	Triceps with lateral bending and extension
	Bow and arrow
	Seated calves and rhomboid with neck flexion/extension
	Supine PNF hamstring
	Supine calves to hip circles to lower leg cross over
	Side lying quads to prone quads to hip stretch
	Cross-over upper body with lower body cross-over
	Crunches with bicycle movement forward and reverse
	Standing Squat with ST/// above head and lunges front and backward
	Standing squat with ST/// above head
	Bent over rows with sweeping side to side
	Standing clock 9 & 3
	Supine rainbow with side to side knee
<b>Session 22</b>	
	Overhead 3 position
	Triceps with lateral bending and extension
	Bow and arrow
	Seated calves and rhomboid with neck flexion/extension
	Supine PNF hamstring
	Supine calves to hip circles to lower leg cross over
	Side lying quads to prone quads to hip stretch
	Cross-over upper body with lower body cross-over
	Crunches with bicycle movement forward and reverse
	Standing Squat with ST/// above head and lunges front and backward
	Standing squat with ST/// above head
	Bent over rows with sweeping side to side
	Standing clock 9 & 3
	Supine rainbow with side to side knee
<b>Session 23</b>	
	Overhead 3 position
	Triceps with lateral bending and extension
	Bow and arrow
	Seated calves and rhomboid with neck flexion/extension
	Supine PNF hamstring
	Supine calves to hip circles to lower leg cross over
	Side lying quads to prone quads to hip stretch
	Cross-over upper body with lower body cross-over
	Crunches with bicycle movement forward and reverse
	Standing Squat with ST/// above head and lunges front and backward
	Standing squat with ST/// above head
	Bent over rows with sweeping side to side
	Standing clock 9 & 3
	Supine rainbow with side to side knee

<b>Session 24</b>	
	Overhead 3 position
	Triceps with lateral bending and extension
	Bow and arrow
	Seated calves and rhomboid with neck flexion/extension
	Supine PNF hamstring
	Supine calves to hip circles to lower leg cross over
	Side lying quads to prone quads to hip stretch
	Cross-over upper body with lower body cross-over
	Crunches with bicycle movement forward and reverse
	Standing Squat with ST/// above head and lunges front and backward
	Standing squat with ST/// above head
	Bent over rows with sweeping side to side
	Standing clock 9 & 3
	Supine rainbow with side to side knee
<b>Session 25</b>	
	Overhead 3 position
	Triceps with lateral bending and extension
	Bow and arrow
	Seated calves and rhomboid with neck flexion/extension
	Supine PNF hamstring
	Supine calves to hip circles to lower leg cross over
	Side lying quads to prone quads to hip stretch
	Cross-over upper body with lower body cross-over
	Crunches with bicycle movement forward and reverse
	Standing Squat with ST/// above head and lunges front and backward
	Standing squat with ST/// above head
	Bent over rows with sweeping side to side
	Standing clock 9 & 3
	Supine rainbow with side to side knee
<b>Session 26</b>	
	Overhead 3 position
	Triceps with lateral bending and extension
	Bow and arrow
	Seated calves and rhomboid with neck flexion/extension
	Supine PNF hamstring
	Supine calves to hip circles to lower leg cross over
	Side lying quads to prone quads to hip stretch
	Cross-over upper body with lower body cross-over
	Crunches with bicycle movement forward and reverse
	Standing Squat with ST/// above head and lunges front and backward
	Standing squat with ST/// above head
	Bent over rows with sweeping side to side
	Standing clock 9 & 3
	Supine rainbow with side to side knee

<b>Session 27</b>	
	Overhead 3 position
	Triceps with lateral bending and extension
	Bow and arrow
	Seated calves and rhomboid with neck flexion/extension
	Supine PNF hamstring
	Supine calves to hip circles to lower leg cross over
	Side lying quads to prone quads to hip stretch
	Cross-over upper body with lower body cross-over
	Crunches with bicycle movement forward and reverse
	Standing Squat with ST/// above head and lunges front and backward
	Standing squat with ST/// above head
	Bent over rows with sweeping side to side
	Standing clock 9 & 3
	Supine rainbow with side to side knee
<b>Session 28</b>	
	Overhead 3 position
	Triceps with lateral bending and extension
	Bow and arrow
	Seated calves and rhomboid with neck flexion/extension
	Supine PNF hamstring
	Supine calves to hip circles to lower leg cross over
	Side lying quads to prone quads to hip stretch
	Cross-over upper body with lower body cross-over
	Crunches with bicycle movement forward and reverse
	Standing Squat with ST/// above head and lunges front and backward
	Standing squat with ST/// above head
	Bent over rows with sweeping side to side
	Standing clock 9 & 3
	Supine rainbow with side to side knee
<b>Session 29</b>	
	Overhead 3 position
	Triceps with lateral bending and extension
	Bow and arrow
	Seated calves and rhomboid with neck flexion/extension
	Supine PNF hamstring
	Supine calves to hip circles to lower leg cross over
	Side lying quads to prone quads to hip stretch
	Cross-over upper body with lower body cross-over
	Crunches with bicycle movement forward and reverse
	Standing Squat with ST/// above head and lunges front and backward
	Standing squat with ST/// above head
	Bent over rows with sweeping side to side
	Standing clock 9 & 3
	Supine rainbow with side to side knee

<b>Session 30</b>	
	Overhead 3 position
	Triceps with lateral bending and extension
	Bow and arrow
	Seated calves and rhomboid with neck flexion/extension
	Supine PNF hamstring
	Supine calves to hip circles to lower leg cross over
	Side lying quads to prone quads to hip stretch
	Cross-over upper body with lower body cross-over
	Crunches with bicycle movement forward and reverse
	Standing Squat with ST/// above head and lunges front and backward
	Standing squat with ST/// above head
	Bent over rows with sweeping side to side
	Standing clock 9 & 3
	Supine rainbow with side to side knee