



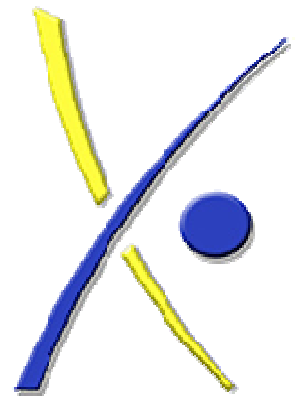
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Stretch Workout Plans: For Home, Office, and the Gym

**A Selection of 4-Week Plans for Fitness,
Flexibility, Sport and Other Purposes:**

- Plan for General Flexibility and Fitness
- Plan for Tight Calf Muscles
- Plan for a Healthy Low Back
- Plan for Runners
- Plan for Weight Loss Programs
- Yoga Workout Plan
- Office-based Workout Plan
- Customized “My Favorite Workouts” Plan

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At-Home Stretch Workout Plans

A Selection of 4-Week Workout Plans for Fitness, Flexibility, Sport and Other Purposes

Welcome! To help you make the most of the vast stretching resources at TheFlexibilityCoach.com, I have compiled a variety of 4-week stretch workout plans, allowing you to select the best path to move yourself towards better health and flexibility. You can complete your chosen plan for the four weeks, then either continue using the “Week 4” workout schedule indefinitely, or switch and try out another Plan (starting with Week 1) whenever you’d like. Or, customize your own with the “My Favorite Workouts” Plan, which is the final option in this packet. One way or another, you’re bound to find the plan that best suits your needs!

NOTE: Please check with your physician before beginning this or any stretch or exercise program. If you feel any pain, stop immediately and contact your doctor.

You will notice these plans include both my pre-designed Stretch Workouts as well as suggestions for cardiovascular exercise, such as walking. This is to satisfy all fitness requirements for a healthy body, while keeping the plans realistic and sustainable. If you already have an established cardiovascular exercise routine and are happy with it, or you’re just starting out and need to build your fitness program more gradually, you can ignore that part of the plan and simply concentrate on the Stretch Workouts portion.

In general, plan on allocating roughly 150 minutes of your week to the purpose of exercise and stretching. As you will see from the plans, there are many ways to divide this up even for the busiest of schedules. That said, if it all feels overwhelming, simply start with whatever you can do; you can always add on once you get rolling.

To make stretching and working out a consistent part of your life, try to workout on the same days of the week and around the same time to form a habit. You will see examples of this in the plan, but you can change those days according to your own schedule’s needs. For example, if a plan includes workouts on Monday/Wednesday/Friday, but your schedule will better support Wednesday/Saturday/Sunday, go ahead and switch the days. Bottom line: the more you enjoy it, the easier it is to do it, the more likely you’ll follow through with it – and therefore enjoy all the wonderful benefits stretching can provide!

My workout plans are designed to be effective both immediately and for the long haul. In the short term, you can expect to feel looser, more relaxed, and energized after even your very first stretch workout. As time goes on, you will hopefully notice other changes as well: better posture, less stiffness, an easier time moving, better sports performance, improved strength and/or muscle tone, and a sense of confidence and optimism for your long-term fitness and health.

I wish you all the best success in this exciting new fitness and flexibility adventure. Now....Let’s get started!

Your coach,
Evamarie Pilipuf

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At-Home Stretch Workout Plans

Plan for General Flexibility and Fitness

Descriptive Overview (for Calendar View, of Plan see next page)

Note: When doing the stretch workouts, use **BOTH** the printable workout sheet **AND** the audio workout for best results.

Week 1: Getting Started!

Day 1 -- Do the "My First Stretch Workout" Routine

Day 2 -- Take a 10-20 minute walk. Do "My First Stretch Workout."

Day 3 -- Morning: Do "My First Stretch Workout"
Evening: Do the "Stretches for Stress Release" Routine

Week 2: Focusing on Good Technique

Day 1 -- Do "My First Stretch Workout," concentrating on the audio's technique instructions.

Day 2 -- Take a 20-minute Walk. Do "Stretches and Exercises for a Healthy Low Back, Level 1 of 4"

Day 3 -- Morning: Do "My First Stretch workout"
Evening: Do "Stretches for Stress Release"

Week 3: Building on the Foundation

Day 1 -- Take a 20-30 minute walk. Do "My First Stretch Workout" OR "10-minute Quickie Stretch for After a Walk"

Day 2 -- Take a 30-minute walk. Do "Stretches and Exercises for a Healthy Low Back, Level 1 of 4."

Day 3 -- Morning: Do "My First Stretch Workout" OR "Warm Up, From Top to Bottom"
Evening: Do "Stretches for "Stress Release"
Anytime during the day: Take a 20-30 minute walk

Week 4: Making Adjustments

Day 1 -- Take a 20-30 minute walk. Do "My First Stretch Workout" OR "10-minute Quickie Stretch for After a Walk"

Day 2 -- Take a 30-minute walk. Do Stretches and Exercises for a Healthy Low Back, Level 1 of 4."

Day 3 -- Morning: Do "My First Stretch Workout" OR "Warm Up, From Top to Bottom"
Evening: Do "Stretches for "Stress Release"
Anytime during the day: Take a 20-30 minute walk

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NOTE: Please check with your physician before beginning this or any stretch or exercise program.

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At-Home Stretch Workout Plans

Plan for General Flexibility and Fitness

Suggested Calendar Arrangement of Workout Plan
 (Note: Feel free to switch days based on your schedule needs.)

	SUN	MON	TUES	WED	THURS	FRI	SAT
W E E K 1	My First Stretch Workout		10-20 min. Walk My First Stretch Workout		A.M. : My First Stretch Workout P.M.: Stretches for Stress Release		
W E E K 2	My First Stretch Workout		20-min. Walk Stretches & Exercises for a Healthy Low Back, Level 1		A.M. : My First Stretch Workout P.M.: "Stretches for Stress Release"		
W E E K 3	20-30 min. Walk My First Stretch Workout		30-min. Walk Stretches & Exercises for a Healthy Low Back, Level 1 of 4		A.M. : My First Stretch Workout P.M.: Stretches for Stress Release Anytime: 20-30 min. Walk		
W E E K 4	20-30 min. Walk My First Stretch Workout OR 10-min. Quickie Stretches for After a Walk		30-min. Walk Stretches & Exercises for a Healthy Low Back, Level 1 of 4		A.M.: My First Stretch Workout OR Warm-up, From Top to Bottom P.M.: Stretches for Stress Release Anytime: 20-30 min. Walk		

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NOTE: Please check with your physician before beginning this or any stretch or exercise program.

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At-Home Stretch Workout Plans

Plan for Tight Calf Muscles

Descriptive Overview (for Calendar View, of Plan see next page)

Note: When doing the stretch workouts, use **BOTH** the printable workout sheet **AND** the audio workout for best results.

Week 1: Getting Started!

Day 1 -- Do "My First Stretch Workout"

Day 2 -- Take a 10-20 minute walk. Do "Stretches for Tight Calf Muscles"

Day 3 -- Take a 10-20 minute walk. Do "Stretches for Tight Calf Muscles"

Week 2: Focusing on Good Technique

Day 1 -- Take a 20-minute walk. Do "Stretches for Tight Calf Muscles," concentrating on the audio's technique instructions.

Day 2 -- Take a 20-minute walk. Do "Stretches for Tight Hamstrings" (you'll know why)

Day 3 -- Take a 20-minute walk. Do "Stretches for Tight Calf Muscles."

Week 3: Building on the Foundation

Daily: Do the 5-minute "Tuesday Stretches" Routine from the "Coffee Break Stretches" sheet (and audio)

Day 1 -- Take a 20-30 minute walk. Do "Stretches for Tight Calf Muscles"

Day 2 -- Take a 30-minute walk. Do "Stretches for Tight Hamstrings"

Day 3 -- Take a 20-30 minute walk. Do "Stretches for Tight Calf Muscles" OR "Stairway Stretches for Legs and Hips"

Week 4: Making Adjustments

Daily: Do the 5-minute "Tuesday Stretches" Routine from the "Coffee Break Stretches" sheet

Day 1 -- Take a 20-30 minute walk. Do "Stretches for Tight Calf Muscles"

Day 2 -- Take a 30-minute walk. Do "Stretches for Tight Hamstrings"

Day 3 -- Take a 20-30 minute walk. Do "Stretches for Tight Calf Muscles" OR "Stairway Stretches for Legs and Hips"

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NOTE: Please check with your physician before beginning this or any stretch or exercise program.

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At-Home Stretch Workout Plans

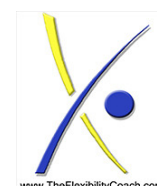
Plan for Tight Calf Muscles

Suggested Calendar Arrangement of Workout Plan
 (Note: Feel free to switch days based on your schedule needs.)

	SUN	MON	TUES	WED	THURS	FRI	SAT
W E E K 1	My First Stretch Workout		10-20 min. Walk Stretches for Tight Calf Muscles		10-20 min. Walk Stretches for Tight Calf Muscles		
W E E K 2	20-min. Walk Stretches for Tight Calf Muscles		20-min. Walk Stretches for Tight Calf Muscles		20-min. Walk Stretches for Tight Calf Muscles		
W E E K 3	5-min. CBS* 20-min. Walk Stretches for Tight Calf Muscles	5-min. CBS*	5-min. CBS* 20-min. Walk Stretches for Tight Hamstrings	5-min. CBS*	5-min. CBS* 20-min. Walk Stretches for Tight Calf Muscles	5-min. CBS*	5-min. CBS*
W E E K 4	5-min. CBS* 20-30 min. Walk Stretches for Tight Calf Muscles	5-min. CBS*	5-min. CBS* 30-min. Walk Stretches for Tight Hamstrings	5-min. CBS*	5-min. CBS* 20-30 min. Walk Stretches for Tight Calf Muscles OR Stairway Stretches for Legs & Hips	5-min. CBS*	5-min. CBS*

*CBS = Coffee Break Stretches

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NOTE: Please check with your physician before beginning this or any stretch or exercise program.

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At-Home Stretch Workout Plans

Plan for a Healthy Low Back

Descriptive Overview (for Calendar View, of Plan see next page)

Reminder: When doing the stretch workouts, use BOTH the printable workout sheet AND the audio workout for best results.

Special note: As the plan progresses, if Level 2, 3 or 4 of “Stretches and Exercises for a Healthy Low Back” feels too intense, continue using Level 1 instead.

Week 1: Getting Started!

Day 1 -- Do “My First Stretch Workout”

Day 2 -- Take a 10-20 minute walk. Do “Stretches and Exercises for a Healthy Low Back, Level 1 of 4”

Day 3 -- Take a 10-20 minute walk. Do “Stretches and Exercises for a Healthy Low Back, Level 1 of 4”

Week 2: Focusing on (and Reinforcing) Good Technique

Day 1 -- Take a 20-minute walk. Do “Stretches and Exercises for a Healthy Low Back, Level 1” OR “Level 2”

Day 2 -- Take a 20-minute walk. Do “Stretches and Exercises for a Healthy Low Back, Level 1 of 4.”

Day 3 -- Take a 20-minute walk. Do “Stretches and Exercises for a Healthy Low Back, Level 1 of 4.”

Week 3: Building on the Foundation

Daily: Do the 5-minute “Thursday Stretches” Routine from the “Coffee Break Stretches” sheet (and audio)

Day 1 -- Take a 20-30 minute walk. Do “Stretches and Exercises for a Healthy Low Back, Level 2 of 4”

Day 2 -- Take a 30-minute walk. Do “Stretches and Exercises for a Healthy Low Back, Level 3 of 4”

Day 3 -- Take a 20-30 minute walk. Do “Stretches and Exercises for a Healthy Low Back, Level 4 of 4”

Week 4: Making Adjustments (Suggested levels are only suggestions; choose the levels you prefer)

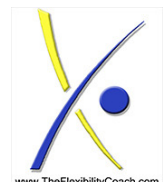
Daily: Do the 5-minute “Thursday Stretches” Routine from the “Coffee Break Stretches” sheet

Day 1 -- Take a 20-30 minute walk. Do “Stretches and Exercises for a Healthy Low Back, Level 1”

Day 2 -- Take a 30-minute walk. Do “Stretches and Exercises for a Healthy Low Back, Level 2” OR “Level 3”

Day 3 -- Take a 30-minute walk. Do “Stretches and Exercises for a Healthy Low Back, Level 3” OR “Level 4”

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NOTE: Please check with your physician before beginning this or any stretch or exercise program.

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At-Home Stretch Workout Plans

Plan for a Healthy Low Back

Suggested Calendar Arrangement of Workout Plan
 (Note: Feel free to switch days based on your schedule needs.)

	SUN	MON	TUES	WED	THURS	FRI	SAT
WEEK 1	My First Stretch Workout		10-20 min. Walk Stretches & Exercises for a Healthy Low Back, Level 1		10-20 min. Walk Stretches & Exercises for a Healthy Low Back, Level 1		
WEEK 2	20-min. Walk Stretches & Exercises for a Healthy Low Back, Level 1 OR Level 2		20-min. Walk Stretches & Exercises for a Healthy Low Back, Level 1		20-min. Walk Stretches & Exercises for a Healthy Low Back, Level 1		
WEEK 3	5-min. CBS* 20-30 min. Walk Stretches & Exercises for a Healthy Low Back, Level 2	5-min. CBS*	5-min. CBS* 30-min. Walk Stretches & Exercises for a Healthy Low Back, Level 3	5-min. CBS*	5-min. CBS* 20-30-min. Walk Stretches & Exercises for a Healthy Low Back, Level 4	5-min. CBS*	5-min. CBS*
WEEK 4	5-min. CBS* 20-30 min. Walk Stretches & Exercises for a Healthy Low Back, Level 1	5-min. CBS*	5-min. CBS* 30-min. Walk Stretches & Exercises for a Healthy Low Back, Level 2 OR Level 3	5-min. CBS*	5-min. CBS* 20-30 min. Walk Stretches & Exercises for a Healthy Low Back, Level 3 OR Level 4	5-min. CBS*	5-min. CBS*

*CBS = Coffee Break Stretches

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At-Home Stretch Workout Plans

Plan for Runners

Descriptive Overview (for Calendar View, of Plan see next page)

Reminder: When doing the stretch workouts, use **BOTH** the printable workout sheet **AND** the audio workout for best results.

Special note: The run workouts on this schedule are solely examples; if you already have an established running program, stick with what's working and simply add the indicated stretch workouts.

Week 1: Getting Started!

Day 1 -- 30-minute Run. Do "My First Stretch Workout" to introduce yourself to Evamarie's instruction.

Day 2 -- 30-40 minute Run. Do "Stretches and Exercises for a Healthy Low Back, Level 1 of 4"

Day 3 -- Easy Run, Long Run or Speed work. Do "Stretches for Runners: General Flexibility Workout"

Week 2: Focusing on (and Reinforcing) Good Technique

Day 1 -- 30-minute Run. Do "My First Stretch Workout"

Day 2 -- 30-40 minute Run. Do "Stretches and Exercises for a Healthy Low Back, Level 1 of 4"

Day 3 -- Easy Run, Long Run or Speed work. Do "Stretches for Runners: General Flexibility Workout"

Week 3: Building on the Foundation

Daily: Do the 5-minute "Relieve Tight Hips and Legs" Routine from the "Coffee Break Stretches" Routine

Day 1 -- 30-minute Run. Do "Stretches for Tight Calf Muscles"

Day 2 -- 30-40 minute Run. Do "Stretches and Exercises for a Healthy Low Back, Level 1 of 4"

Day 3 -- Easy Run, Long Run or Speed work. Do "Stretches for Runners: General Flexibility Workout"

Week 4: Making Adjustments

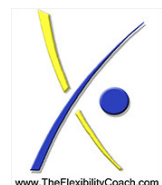
Daily: Do the 5-minute "Relieve Tight Hips and Legs" Routine from the "Coffee Break Stretches" Routine

Day 1 -- 30-minute Run. Do "Stretches for Tight Calf Muscles" OR "Stretches for Runners, General Flexibility Workout"

Day 2 -- 30-40 minute Run. Do "Stretches and Exercises for a Healthy Low Back" – Level 1 OR 2

Day 3 -- Easy Run, Long Run or Speed work. Do "Stretches for Runners: General Flexibility Workout"

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NOTE: Please check with your physician before beginning this or any stretch or exercise program.

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At-Home Stretch Workout Plans

Plan for Runners

Suggested Calendar Arrangement of Workout Plan
 (Note: Feel free to switch days based on your schedule needs.)

	SUN	MON	TUES	WED	THURS	FRI	SAT
W E E K 1	30-min. Run My First Stretch Workout		30-40 min. Run Stretches & Exercises for a Healthy Low Back, Level 1		Easy Run, Long Run or Speed Work Stretches for Runners: General Flexibility Workout		
W E E K 2	30-min. Run My First Stretch Workout		30-40 min. Run Stretches & Exercises for a Healthy Low Back, Level 1		Easy Run, Long Run or Speed Work Stretches for Runners: General Flexibility Workout		
W E E K 3	5-min. CBS* 30-min. Run Stretches for Tight Calf Muscles	5-min. CBS*	5-min. CBS* 30-40 min. Run Stretches & Exercises for a Healthy Low Back, Level 1	5-min. CBS*	5-min. CBS* Easy Run, Long Run or Speed Work Stretches for Runners: General Flexibility Workout	5-min. CBS*	5-min. CBS*
W E E K 4	5-min. CBS* 30-min. Run Stretches for Tight Calf Muscles OR Stretches for Runners: General Flexibility Workout	5-min. CBS*	5-min. CBS* 30-40 min. Run Stretches & Exercises for a Healthy Low Back, Level 1 OR Level 2	5-min. CBS*	5-min. CBS* Easy Run, Long Run or Speed Work Stretches for Runners: General Flexibility Workout	5-min. CBS*	5-min. CBS*

*CBS = Coffee Break Stretches

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At-Home Stretch Workout Plans

Plan for Weight Loss Programs

Descriptive Overview (for Calendar View, of Plan see next page)

Reminder: When doing the stretch workouts, use **BOTH** the printable workout sheet **AND** the audio workout for best results.

Special note: The walking workouts on this schedule are solely examples; if you already have an established cardiovascular program, stick with what's working and simply add the indicated stretch workouts.

Week 1: Getting Started!

Day 1 -- 20-30 minute Walk. Do "My First Stretch Workout" to introduce yourself to Evamarie's instruction.

Day 2 -- 30-40 minute Walk. Do "My First Stretch Workout"

Day 3 -- 30-minute Walk. Do "Warm -up: From Top to Bottom" Routine

Week 2: Focusing on (and Reinforcing) Good Technique

Day 1 -- 20-30 minute Walk. Do "My First Stretch Workout"

Day 2 -- 30-40 minute Walk. Do "Stretches and Exercises for a Healthy Low Back: Level 1 of 4"

Day 3 -- 30-minute Walk. Do "Warm -up: From Top to Bottom" Routine

Week 3: Building on the Foundation

Daily: Do one of the 5-minute Routines from the "Coffee Break Stretches" Sheet (pick the one you like)

Day 1 -- 20-30 minute Walk. Do 25-minute Post-Walk Stretch-and-Tone Routine.

Day 2 -- 30-40 minute Walk. Do "Stretches and Exercises for a Healthy Low Back, Level 1 of 4"

Day 3 -- 30-minute Walk. Do "Stretches for Stress Release"

Week 4: Making Adjustments

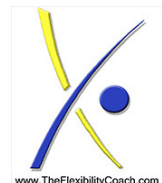
Daily: Do one of the 5-minute Routines from the "Coffee Break Stretches" Sheet (pick the one you like)

Day 1 -- 20-30 minute Walk. Do 25-minute Post-Walk Stretch-and-Tone Routine" OR "10-minute Quickie Stretch for After a Walk"

Day 2 -- 30-40 minute Walk. Do "Stretches and Exercises for a Healthy Low Back," Level 1 OR 2

Day 3 -- 30-minute Walk. Do "Stretches for Stress Release" OR "Stretches for Anti-Aging"

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NOTE: Please check with your physician before beginning this or any stretch or exercise program.

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At-Home Stretch Workout Plans

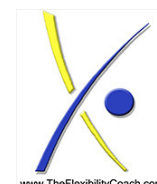
Plan for Weight Loss Programs

Suggested Calendar Arrangement of Workout Plan
 (Note: Feel free to switch days based on your schedule needs.)

	SUN	MON	TUES	WED	THURS	FRI	SAT
W E E K 1	20-30 min. Walk My First Stretch Workout		30-40 min. Walk My First Stretch Workout		30-min. Walk Warm-up, From Top to Bottom		
W E E K 2	20-30 min. Walk My First Stretch Workout		30-40 min. Walk Stretches & Exercises for a Healthy Low Back, Level 1		30-min. Walk Warm-up, From Top to Bottom		
W E E K 3	5-min. CBS* 20-30 min. Walk 25-min. Post-Walk Stretch and Tone Routine	5-min. CBS*	5-min. CBS* 30-40 min. Walk Stretches & Exercises for a Healthy Low Back, Level 1	5-min. CBS*	5-min. CBS* 30-min. Walk Stretches for Stress Release	5-min. CBS*	5-min. CBS*
W E E K 4	5-min. CBS* 20-30 min. Walk 25-min. Post-Walk Stretch and Tone Routine OR 10-min. Quickie Stretches for After a Walk	5-min. CBS*	5-min. CBS* 30-40 min. Walk Stretches & Exercises for a Healthy Low Back, Level 1 OR 2	5-min. CBS*	5-min. CBS* 30-min. Walk Stretches for Stress Release OR Stretches for Anti-Aging	5-min. CBS*	5-min. CBS*

*CBS = Coffee Break Stretches

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At-Home Stretch Workout Plans

Yoga Workout Plan

Descriptive Overview (for Calendar View, of Plan see next page)

Reminder: When doing the stretch workouts, use **BOTH** the printable workout sheet **AND** the audio workout for best results.

Special note: Don't be fooled by the lack of the word "Yoga" in most of the stretch workout titles; the workouts are based on yoga, as are the audio instructions. If desired, you can end each workout with 1-2 minutes of slow breathing, relaxing on your back with your eyes closed.

Week 1: Getting Started!

Day 1 -- 20-30 minute Walk. Do "My First Stretch Workout" to introduce yourself to Evamarie's instruction.

Day 2 -- 30-40 minute Walk. Do "My First Stretch Workout"

Day 3 -- 30-minute Walk. Do "Gentle Stretches for Extreme Beginners"

Week 2: Focusing on (and Reinforcing) Good Technique

Day 1 -- 20-30 minute Walk. Do "My First Stretch Workout" OR "Gentle Stretches for Extreme Beginners"

Day 2 -- 30-40 minute Walk. Do "Stretches and Exercises for a Healthy Low Back: Level 1 of 4"

Day 3 -- 30-minute Walk. Do "Stretches and Exercises for a Healthy Low Back: Level 1 of 4"

Week 3: Building on the Foundation

Daily: Do one of the 5-minute Routines from the "Coffee Break Stretches" Sheet (pick the one you like)

Day 1 -- 20-30 minute Walk. Do "Stretches and Exercises for a Healthy Low Back: Level 1 of 4"

Day 2 -- 30-40 minute Walk. Do "Stretches for Stress Release"

Day 3 -- 30-minute Walk. Do "Stretches for Yoga Lovers"

Week 4: Making Adjustments

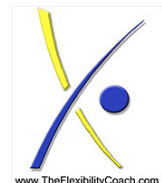
Daily: Do one of the 5-minute Routines from the "Coffee Break Stretches" Sheet (pick the one you like)

Day 1 -- 20-30 minute Walk. Do "Stretches and Exercises for a Healthy Low Back" – Level 1 OR 2

Day 2 -- 30-40 minute Walk. Do "Stretches for Stress Release" OR "Stretches to Alleviate Neck Tension"

Day 3 -- 30-minute Walk. Do "Stretches for Yoga Lovers" OR "Stretches for a Good Night's Sleep"

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NOTE: Please check with your physician before beginning this or any stretch or exercise program.

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At-Home Stretch Workout Plans

Yoga Workout Plan

Suggested Calendar Arrangement of Workout Plan
 (Note: Feel free to switch days based on your schedule needs.)

	SUN	MON	TUES	WED	THURS	FRI	SAT
WEEK 1	20-30 min. Walk My First Stretch Workout		30-40 min. Walk My First Stretch Workout		30-min. Walk Gentle Stretches for Extreme Beginners		
WEEK 2	20-30 min. Walk My First Stretch Workout OR Gentle Stretches for Extreme Beginners		30-40 min. Walk Stretches & Exercises for a Healthy Low Back, Level 1		30-min. Walk Stretches & Exercises for a Healthy Low Back, Level 1		
WEEK 3	5-min. CBS* 20-30 min. Walk Stretches & Exercises for a Healthy Low Back, Level 1	5-min. CBS*	5-min. CBS* 30-40 min. Walk Stretches for Stress Releases	5-min. CBS*	5-min. CBS* 30-min. Walk Stretches for Yoga Lovers	5-min. CBS*	5-min. CBS*
WEEK 4	5-min. CBS* 20-30 min. Walk Stretches & Exercises for a Healthy Low Back, Level 1 OR 2	5-min. CBS*	5-min. CBS* 30-40 min. Walk Stretches for Stress Release OR Stretches to Alleviate Neck Tension	5-min. CBS*	5-min. CBS* 30-min. Walk Stretches for Yoga Lovers OR Stretches for a Good Night's Sleep	5-min. CBS*	5-min. CBS*

*CBS = Coffee Break Stretches

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At-Home Stretch Workout Plans

Office-based Workout Plan

Descriptive Overview (for Calendar View, of Plan see next page)

Reminder: When doing the stretch workouts, use **BOTH** the printable workout sheet **AND** the audio workout for best results.

Special note: You'll notice the first week entails some at-home workouts. This is to introduce you to Evamarie's instructional style and the general techniques for the stretches and exercises. Beginning with the second week, all stretching workouts are based at the office.

Week 1: Getting Started!

Day 1 -- At Home: Take a 10-20 min. Walk. Do "My First Stretch Workout" (to introduce yourself to Evamarie's instruction.)

Day 2 -- At Home: Take a 10-20 min. Walk. Do "My First Stretch Workout"

Day 3 -- 10-20 minute Walk. Do Any (or all, time permitting) of the 5-minute workouts from the "Coffee Break Stretches" sheet

Week 2: Focusing on (and Reinforcing) Good Technique

Day 1 -- 10-20 minute Walk. Do the first three 5-minute Routines from "Coffee Break Stretches"

Day 2 -- 10-20 minute Walk. Do the second three 5-minute Routines from "Coffee Break Stretches"

Day 3 -- 10-20 minute Walk. Do "Stretches at the Office, Option 1 of 4"

Week 3: Building on the Foundation

On work days: Do one of the 5-minute Routines from the "Coffee Break Stretches" Sheet

Day 1 -- 10-20 minute Walk. Do "Stretches at the Office, Option 2 of 4"

Day 2 -- 10-20 minute Walk. Do "Stretches at the Office, Option 3 of 4"

Day 3 -- 10-20 minute Walk. Do "Stretches at the Office, Option 4 of 4"

Week 4: Making Adjustments

On work days: Do one of the 5-minute Routines from the "Coffee Break Stretches" Sheet

Day 1 -- 10-20 minute Walk. Do "Stretches at the Office, Option 1"

Day 2 -- 10-20 minute Walk. Do "Stretches at the Office, Option 2"

Day 3 -- 10-20 minute Walk. Do "Stretches at the Office, Option 3 OR 4"

Stretching
Feels GOOD!



NOTE: Please check with your physician before beginning this or any stretch or exercise program.

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At-Home Stretch Workout Plans

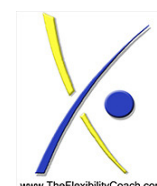
Office-based Workout Plan

Suggested Calendar Arrangement of Workout Plan
 (Note: Feel free to switch days based on your schedule needs.)

	SUN	MON	TUES	WED	THURS	FRI	SAT
W E E K 1	10-20 min. Walk At home: My First Stretch Workout		10-20 min. Walk At home: My First Stretch Workout		10-20 min. Walk At the office: Any or all 6 of the Coffee Break Stretch Routines		
W E E K 2	10-20 min. Walk At the office: The first 3 Coffee Break Stretch Routines (about 15 min. total)		10-20 min. Walk At the office: The second 3 Coffee Break Stretch Routines (about 15 min. total)		10-20 min. Walk Stretches at the Office, Option 1		
W E E K 3	5-min. CBS* 10-20 min. Walk Stretches at the Office, Option 2	5-min. CBS*	5-min. CBS* 10-20 min. Walk Stretches at the Office, Option 3	5-min. CBS*	5-min. CBS* 10-20 min. Walk Stretches at the Office, Option 4		
W E E K 4	5-min. CBS* 10-20 min. Walk Stretches at the Office, Option 1	5-min. CBS*	5-min. CBS* 10-20 min. Walk Stretches at the Office, Option 2	5-min. CBS*	5-min. CBS* 10-20 min. Walk Stretches at the Office, Option 3 OR 4		

*CBS = Coffee Break Stretches (5 minutes each)

Stretching
Feels GOOD!



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At-Home Stretch Workout Plans

Customized “My Favorite Workouts” Plan

Stretching Workouts to Choose From

(For Descriptive Overview and Calendar View of Plan, see next pages)

My First Stretch Workout

Warm-up Routine, From Top to Bottom

Sport and Fitness Stretches

Stretches for Golfers: General
Stretches for Golfers: Pre-game Warm-up
Stretches for Runners: General Routine
Stretches for Runners: After a Race
3 Mini Stretch Routines for Runners
Stretches for Skiers
Stretches for Snowboarders
Stretches for Tennis
Stretches for Cyclists
Stretches for the Martial Arts
Stretches for Swimmers
Stretches for Walk-to-Run Programs
10-minute Stretches Following a Walk
Post-Walk Stretch-and-Tone Routine
Cheerleaders’ “Heel Stretch” Stretches
Stretches for Surfers
Stretches for The Splits
Stretches for During an Outdoor Walk
Stretches at the Gym

Low Back and Core Stretch Workouts

Stretches for a Healthy Low Back, Level 1
Stretches for a Healthy Low Back, Level 2
Stretches for a Healthy Low Back, Level 3
Stretches for a Healthy Low Back, Level 4

Office Stretches

Coffee Break Stretches
Office Stretches: Workout 1 of 4
Office Stretches: Workout 2 of 4
Office Stretches: Workout 3 of 4
Office Stretches: Workout 4 of 4

Travel-friendly Stretch Routines

Stretches on an Airplane
Stretches at the Hotel Room

Stretch Routines for Specific Parts of the Body

Stretches for Tight Calf Muscles
Stretches for Tight Hamstrings
Stretches for Tight Hips
Stretch Routine for Healthy Knees #1
Stretch Routine for Healthy Knees #2
Stretches for Healthy Shoulders #1
Stretches for Healthy Shoulders #2
Stretches for Healthy Shoulders #3
Stretches to Relieve Neck Tension

Specialty Stretch Workouts

Stretches for Shoveling Snow
Stretches for Gardening and Yard Work
Gentle Stretches for Extreme Beginners
Stretches for Stress Relief
Stretches for a Good Night’s Sleep
Anti-Aging Stretches
Stretches for High-Heel Wearers
Stretches for “Couch Potatoes”
The “12 Stretches of Christmas”

Stairway Stretches....

.....for a Multi-Purpose Warm-up
.....for After a Long Day of Work
.....for Legs and Hips
.....and Exercises for Legs, Glutes and Abs
.....a Strong and Flexible Upper Body
.....for a Healthy Low Back, Routine #1
.....for a Healthy Low Back, Routine #2
.....for a Healthy Low Back, Routine #3
.....for an Instant “Pick-me-up”

Bed-Based Stretches

Bed-based Stretch Routine #1
Bed-based Stretch Routine #2

Yoga Routines

Stretches for Yoga Lovers
Stretches for In Between Yoga Classes

Stretching
Feels GOOD!



NOTE: Please check with your physician before beginning this or any stretch or exercise program.

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At-Home Stretch Workout Plans

Customized “My Favorite Workouts” Plan

Descriptive Overview (for Calendar View, of Plan see next page)

Reminder: When doing the stretch workouts, use **BOTH** the printable workout sheet **AND** the audio workout for best results.

Special note: The walking workouts on this schedule are solely examples; if you already have an established cardiovascular program, stick with what’s working and simply add the indicated stretch workouts.

Week 1: Getting Started!

Day 1 -- 20-30 minute Walk. Do “My First Stretch Workout” to introduce yourself to Evamarie’s instruction.

Day 2 -- 30-40 minute Walk. Do “My First Stretch Workout”

Day 3 -- 30-minute Walk. Do “Warm -up: From Top to Bottom” Routine

Week 2: Focusing on (and Reinforcing) Good Technique

Day 1 -- 20-30 minute Walk. Do “Stretches and Exercises for a Healthy Low Back, Level 1 of 4”

Day 2 -- 30-40 minute Walk. Do “Stretches and Exercises for Healthy Knees, Level 1 of 2”

Day 3 -- 30-minute Walk. Do “Stretches for Anti-Aging”

Week 3: Building on the Foundation

Daily: Do one of the 5-minute Routines from the “Coffee Break Stretches” Sheet (pick the one you like)

Day 1 -- 20-30 minute Walk. Do “Stretches for Anti-Aging”

Day 2 -- 30-40 minute Walk. Try out Stretch Workout of your choice

Day 3 -- 30-minute Walk. Try another Stretch Workout of your choice

Week 4: Making Adjustments: Try to stick with at least one of the suggested workouts each week, with the other 2-3 workouts those of your choice.

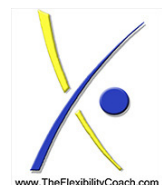
Daily: Do one of the 5-minute Routines from the “Coffee Break Stretches” Sheet (pick the one you like)

Day 1 -- 20-30 minute Walk. Do “Stretches for Anti-Aging” OR Another Stretch Workout of your choice

Day 2 -- 30-40 minute Walk. Do “Stretches to Alleviate Neck Tension” OR Another workout of your choice

Day 3 -- 30-minute Walk. Do “Stretches for Stress Release” OR Another workout of your choice

Stretching
Feels GOOD!



NOTE: Please check with your physician before beginning this or any stretch or exercise program.

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At-Home Stretch Workout Plans

Customized “My Favorite Workouts” Plan

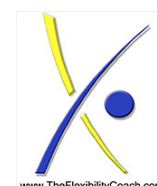
Suggested Calendar Arrangement of Workout Plan
 (Note: Feel free to switch days based on your schedule needs.)

	SUN	MON	TUES	WED	THURS	FRI	SAT
W E E K 1	20-30 min. Walk My First Stretch Workout		30-40 min. Walk My First Stretch Workout		30-min. Walk Warm-up, From Top to Bottom		
W E E K 2	20-30 min. Walk Stretches & Exercises for a Healthy Low Back, Level 1		30-40 min. Walk Stretches & Exercises for Healthy Knees, Level 1		30-min. Walk Stretches for Anti-Aging		
W E E K 3	5-min. CBS* 20-30 min. Walk Stretches for Anti-Aging	5-min. CBS*	5-min. CBS* 30-40 min. Walk Try out a Stretch Workout of your choice	5-min. CBS*	5-min. CBS* 30-min. Walk Try out another Stretch Workout of your choice	5-min. CBS*	5-min. CBS*
W E E K 4	5-min. CBS* 20-30 min. Walk Stretches for Anti-Aging OR Another Stretch Workout of your choice**	5-min. CBS*	5-min. CBS* 30-40 min. Walk Stretches to Alleviate Neck Tension OR Another Stretch Workout of your choice**	5-min. CBS*	5-min. CBS* 30-min. Walk Stretches for Stress Release OR Another Stretch Workout of your choice**	5-min. CBS*	5-min. CBS*

*CBS = Coffee Break Stretches

**For Week 4, aim to do at least one of the suggested workouts, with the other two being workouts of your choice.

Stretching
Feels GOOD!



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At-Home Stretch Workout Plans

What's Next?

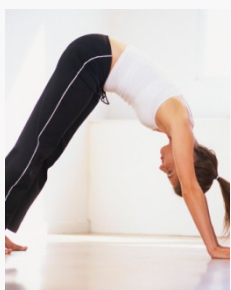
Considering it takes roughly a month to make a new habit stick, by the time you complete one of these 4-week plans, you should be well on your way to having stretching and yoga become a regular, enjoyable part of your life. No doubt by then, you will also have some early positive feedback – changes you can feel in your body and mind, to encourage you to keep up the good work. True, it will take longer for certain improvements to take hold; some of your muscles, for example, may be extremely tight from years of not being stretched. But if you stick with it, you'll find that each day will bring additional benefits, some you never even thought about. Your journey to better flexibility, fitness and sport performance has just begun!

As far as your actual plan is concerned, you can choose several ways to keep your progress evolving:

1. You can cycle back to the first week of your plan, which means each month you will have at least a week or two of a lighter workout schedule.
2. Or you can simply repeat Week 4 of your plan perpetually, for a more consistent and easy-to-remember maintenance plan.
3. You can switch to a different plan. Maybe you started out on the General Strength and Flexibility Plan, but you're now hoping to start a running program. You can switch to the Plan for Runners to better meet your changing needs.
4. You can tweak your plan, whichever one you've chosen, to better suit your preferences and needs. After 4 weeks of stretching and working out, no doubt you'll have a good idea as to what your schedule will allow and what's most realistic to your time and goals, so you can make adjustments accordingly to better ensure your ability to adhere to the plan for the long haul.

No matter how you choose to proceed from here, remember, if you're including some stretching and yoga in your weekly routine, you're doing something great for yourself!

Your coach,
Evamarie Pilipuf



Why trust your body to a random instructor or web search? Become a premium member of TheFlexibilityCoach.com today, and give yourself full access to a proven, dedicated, acclaimed expert in the fields of fitness, flexibility and yoga!

Stretching
Feels GOOD!

