

Flexibility Stacking

Individual flexibility sport stacking activity

Grades **K+**



Lunge & Stack

Assume a forward lunge position. Set out a downstacked 6-Stack inside the forward foot. Perform the upstack while in the lunge position. Bring the forward foot back and lunge with the opposite foot and then downstack. Repeat several times.



Windmill/Toe Touches (with a twist)

Set up two downstacked 6-Stacks by each foot. Feet will be shoulder-width or farther apart, knees slightly bent, hands on hips. Instructor designates the pattern to be stacked. Bend down to stack by left foot, upstack. Return to starting position, bend down to right foot and upstack. Return to starting position. Bend down to the left foot for the downstack and hold stretch for 10-15 seconds. Repeat on the right. Shake each leg out and repeat.

Figure 4

The left leg is fully extended while the right knee is bent and right foot is resting against left knee (see photo below). Set Speed Stacks outside left ankle (6-Stack) and inside left ankle (6-Stack). Reach and upstack each stack, return to beginning to downstack and hold for 10-15 seconds. Release, Relax and Repeat. Switch legs and repeat. Can vary stacks.

Additional Activities

- Groin Stretch/Butterfly Stretch
- Sitting V-Stretch
- Reverse Inch Worm to Snake Stretch & Stack
- Overhead Benders/Standing Toe Touches
- Long-Sitting Toe Touches/L Sitting Position





Put Ups and Take Downs

Assume a push-up or modified push-up position in front of an elevated flat surface (a tumbling mat works great). Place Speed Stacks on the floor in a 3-3-3-3 or 3-6-3. Using alternating hands, starting with the stack on the left, take one cup with the right hand and place it on an elevated flat surface. Continue upstacking the sequence and then downstacking, alternating the hands with each move.

VARIATIONS: Stack for one minute, two minutes, with music.

Wheelbarrow Stacking

This is the traditional wheelbarrow race but with stacking involved! Partner up with someone of equal weight or form groups of three. When you arrive at a stack, GENTLY lower the wheelbarrow to their knees in order to stack. Once the stack is upstacked, the wheelbarrow's legs are raised and the group moves to the next stack to be upstacked. Repeat the same process. Once the last set is upstacked, the group will run back to the start line and a new person becomes the wheelbarrow. The new wheelbarrow will repeat the above. When the downstacking is completed, the group runs back to the start line with the next group member becoming the wheelbarrow, or the partners switch again.



Crab Walk & Stack

Set-up: Straight Line (see page 25)

Assume crab walk position. On 'go' signal or music, stackers "go crabbing" for Speed Stacks. May go feet first or hands first. Upon arrival at first stack, stackers may sit on their bottom to upstack, crab walk to the next stack, etc. When last stack is completed, crab to the wall or cone and touch, turn around, continue crabbing while downstacking each stack on the way back to the starting line.

Additional Activities

- Aeroplanes/Back Ups/Head Lifters
- Push-Up Stacking
- 4-Wheel Drive & Stack
- Bent Knee Sit-Up /Curl-Up Stacking
- Wall Sitting and Stack

