

Week 1 | Day 6 | Front Splits Coaching Group

Coach Bachmann - Performing Arts Training

www.coachbachmann.com

Warm Up

| Order | Exercise | Sets & Reps | Notes |
|-------|----------------------------|--------------------------------|--|
| A1 | Jumping Jacks | 1min | |
| A2 | High Knees | 1min | |
| A3 | Standing Hip Circles | 10x each Leg each Direction | Hips stay parallel. Move leg inside of hips only! |
| A4 | Alternating Jumping Lunges | 2x10 | Good luck figuring this one out ;) |

Specific Warm Up

| Order | Exercise | Sets & Reps | Notes |
|-------|---|-------------|--|
| B1 | Walking Pike | 40sec | |
| B2 | 1 Legged Good Morning | 8x | Lower back is straight and the hips stay parallel to the floor! |
| B3 | Laying Quad Opener with Yoga Block | 40sec | Do not arch lower back. Engage the abs to bring the stretch into the hip flexor |
| B4 | Prep for Half Split | 40sec | Hip over back knee. Focus on Posterior Pelvic Tilt |
| B5 | Half Split Back Knee Bent against the Wall | 1min | Drop your hips down low. |

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Half Split Set

Do all exercises on 1 side back to back without a break. Then repeat on the other!

| Order | Exercise | Sets & Reps | Notes |
|-------|-------------------------------|-------------|---|
| C1 | Runners Stretch | 40sec | Lower back is straight or even arched. Use Yoga blocks if you can not reach the floor |
| C2 | Half Split | 40sec | Do not arch lower back! |
| C3 | Runners Stretch Pulses | 10x | |
| C4 | Half Split On Elbows | 40sec | |
| C5 | Runners Stretch | 40sec | Lower back is straight or even arched. Use Yoga blocks if you can not reach the floor |
| C6 | Half Split Back Knee Straight | 30sec | Straighten the knee all the way! Hips stay low! |

Split on Floor

| Order | Exercise | Sets & Reps | Notes |
|-------|-------------------------------|-------------|---|
| | Split on floor | 40sec | Back is straight. Shoulders and hips parallel! Do not lean in front to reach the floor. Elevate the hands with blocks or a chair instead! |
| | Assisted Front Split Push Ups | 10x | Weight equally in between both legs. Hips & Shoulders squared! |

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Hamstring Recovery & Injury Prevention

| Order | Exercise | Sets & Reps | Notes |
|-------|----------------------------------|-------------|---|
| R1 | Hamstring Curls with Elastic | 8x | Foot flexed, Hips parallel to the floor, smooth motions, do not arch lower back |
| R2 | 1 Legged Hamstring Bridge Slides | 8x | Hips parallel, feet flexed. |
| R3 | 1 Legged Good Morning | 8x | Lower back is straight and the hips stay parallel to the floor! |