

Week 1 | Day 3 | Front Splits Coaching Group

Coach Bachmann - Performing Arts Training

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Warm Up

Order	Exercise	Sets & Reps	Notes
A1	Jumping Jacks	1min	
A2	Mountain Climbers	1min	
A3	Alternating Jumping Lunges	10x	
A4	1 Legged Good Morning	8x	Lower back is straight and the hips stay parallel to the floor!

Back Hip Focus

Order	Exercise	Sets & Reps	Notes
B1	Laying Quad Opener with Yoga Block	40sec	Do not arch lower back. Engage the abs to bring the stretch into the hip flexor
B2	Prep for Half Split	40sec	Hip over back knee. Focus on Posterior Pelvic Tilt
B3	Prep for Half Split With Yoga Block under Back Foot	40sec	
B4	One Legged Hamstring Stretch on Back	10x & 10sec hold	
B5	Half Split	40sec	Do not arch lower back!
B6	Half Split Back Knee Bent against Wall. Glutes by Hips	40sec	Keep the hips close to the wall
B7	Half Split Back Knee Bent against Wall. Glutes by Hips. Pulses	10x	Arch and round the lower back practicing the posterior pelvic tilt
B8	Half Split Back Knee Bent against the Wall	40sec	Drop your hips down low.
B9	Half Split on Elbows	40sec	If you can not reach the floor with your forearms use a chair or box.

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B10	Half Split Back Knee Straight on Elbows	30sec	Knee fully locked. If you can not reach the floor with your forearms use a chair or box.
B11	Half Split Back Knee Straight Pulses	10x	Knee fully locked. Practice next to the wall or use a chair for balance. PPT!

Recovery & Injury Prevention

Order	Exercise	Sets & Reps	Notes
R1	Hamstring Bridge Leg Lifts with Elastic	10x none alternating	Go slow and lift the knee as high as possible. Keep the hips parallel to the floor!
R2	Turned Out Hamstring Bridges with Elastic	10x	Come all the way up every time!
R3	External Hip Recovery Rotations	10x	Do not allow your hips to rotate or move at all. 100% of the movement should be isolated in the hips!