

Week 1 | Day 4 | Front Splits Coaching Group

Coach Bachmann - Performing Arts Training

www.coachbachmann.com

Warm Up

Order	Exercise	Sets & Reps	Notes
A1	Jumping Jacks	1min	
A2	Mountain Climbers	1min	
A3	Walking Pike	30sec	
A4	1 Legged Good Morning	8x	Lower back is straight and the hips stay parallel to the floor!

Hamstring Focus

Order	Exercise	Sets & Reps	Notes
B1	One Legged Hamstring Stretch on Back	10x & 10sec hold	
B2	One Legged Hamstring Stretch on Back With Towel	10x & 10sec hold	Use a towel, sweatshirt or similar to create a small arch in your lower back
B3	Runners Stretch	40sec	Lower back is straight or even arched. Use Yoga blocks if you can not reach the floor
B4	Runners Stretch Table	30sec	
B5	Runners Stretch Pulses	8x	
B6	Runners Stretch Reps	8x	Hip & Shoulders stay parallel at all times. Hips over back knee!
B7	Parallel Runners Stretch	40sec	
B8	Downward Dog	40sec	Anterior Pelvic Tilt. Arch your lower back if possible
B9	1 Legged Table	30sec	Hips & Shoulders parallel to the floor!
B10	Runners Stretch Slides	10x & 10sec	The upwards slide is

Week 1 | Day 4 | Front Splits Coaching Group

Coach Bachmann - Performing Arts Training

www.coachbachmann.com

	hold	where the movement happens. Anterior pelvic tilt! Push the front heel into the floor.
--	------	---

Back Hip Focus

Order	Exercise	Sets & Reps	Notes
C1	Hip Circles on Back	10x each direction	
C2	Z-Stretch	40sec	
C3	Laying Quad Opener with Yoga Block	40sec	Do not arch lower back. Engage the abs to bring the stretch into the hip flexor
C4	Prep for Half Split	40sec	Hip over back knee. Focus on Posterior Pelvic Tilt
C5	Half Split Back Knee Bent against Wall. Glutes by Hips	40sec	Keep the hips close to the wall
C6	Half Split Back Knee Bent against the Wall	40sec	Drop your hips down low.
C7	Half Split	40sec	Do not arch lower back!
C8	Half Split Side Bend	40sec	

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

Week 1 | Day 4 | Front Splits Coaching Group

Coach Bachmann - Performing Arts Training

www.coachbachmann.com

			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!