

## Week 1 | Day 5 | Front Splits Coaching Group

Coach Bachmann - Performing Arts Training

[www.coachbachmann.com](http://www.coachbachmann.com)

### Warm Up

Order	Exercise	Sets & Reps	Notes
A1	Jumping Jacks	1min	
A2	Mountain Climbers	2x40sec	

### Hamstring Focus

Order	Exercise	Sets & Reps	Notes
B1	Hip Circles on Back	10x each Leg each Direction	
B2	Walking Pike	40sec	
B3	1 Legged Good Morning	8x	Lower back is straight and the hips stay parallel to the floor!
B4	1 Legged Hamstring Stretch on Back	15x & 20sec hold	
B5	Runners Stretch	40sec	Lower back is straight or even arched. Use Yoga blocks if you can not reach the floor
B6	Runners Stretch Table	30sec	
B7	Parallel Runners Stretch	40sec	Lower back straight. Elevate your hands if you can not reach the floor.
B8	Runners Stretch Slides	10x	The upwards slide is where the movement happens. Anterior pelvic tilt! Push the front heel into the floor.

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### Back Hip Focus

Order	Exercise	Sets & Reps	Notes
C1	Laying Quad Opener with Yoga Block	40sec	Do not arch lower back. Engage the abs to bring the stretch into the hip flexor
C2	Prep for Half Split	40sec	Hip over back knee. Focus on Posterior Pelvic Tilt
C3	Half Split	40sec	Do not arch lower back!
C4	Half Split Back Knee Bent against Wall. Glutes by Hips. Pulses	10x	Arch and round the lower back practicing the posterior pelvic tilt
C5	Half Split Back Knee Bent against the Wall	1min	Drop your hips down low.
C6	Half Split Back Knee Straight	30sec	Straighten the knee all the way! Hips stay low!
C7	Half Split Reps	10x	Knee fully locked every time! Keeps hips low. Back foot pushing heel and entire leg forward and helps with posterior pelvic tilt.
C8	Assisted Front Split Push Ups	10x	Weight equally in between both legs. Hips & Shoulders squared!

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### 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!