

Week 2 | Day 2 | 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	High Knees	1min	Get going! Bring up that heart rate!

Hamstring Focus

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	1 Legged Hamstring Stretch on Back	20x & 10sec hold	
B4	Runners Stretch	40sec	Lower back is straight or even arched. Use Yoga blocks if you can not reach the floor
B5	Runners Stretch Table	30sec	
B6	Parallel Runners Stretch Reps	8x	Back is straight. Hips and shoulders parallel. Hip over back knee
B7	Parallel Runners Stretch	40sec	Lower back straight. Elevate your hands if you can not reach the floor.
B8	Downward Dog	40sec	Anterior Pelvic Tilt. Arch your lower back if possible
B9	Walking Dog	10x	Back is straight. Use Yoga blocks to elevate the hands for an easier progression.
B10	Runners Stretch Slides	10x	The upwards slide is

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			where the movement happens. Anterior pelvic tilt! Push the front heel into the floor.
B11	1 Legged Sitting Hamstring Stretch	10x & 10sec hold	Back is straight. Extend knee fully every time. Pull knee towards chest!

Hamstring Focus

Order	Exercise	Sets & Reps	Notes
C1	Standing Hip Circles	10x each leg & each direction	Hips stay parallel. Move leg inside of hips only!
C2	Z-Stretch	40sec each side	
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
	Half Split Back Knee Bent against Wall. Glutes by Hips. Pulses	10x	Arch and round the lower back practicing the posterior pelvic tilt
	Half Split Back Knee Bent against the Wall	40sec	Drop your hips down low.

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!

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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!