

Week 2 | Day 6 | 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	2x40sec	
A3	High Knees	1min	Get going! Bring up that heart rate!
A4	Long Back Lunges	10x each side	

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	1 Legged Hamstring Stretch on Back	20x & 10sec hold	
B4	Standing Hip Circles	10x each direction & each leg	Hips stay parallel. Move leg inside of hips only!
B5	Laying Quad Opener with Yoga Block	40sec	Do not arch lower back. Engage the abs to bring the stretch into the hip flexor
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 the Wall	1min	Drop your hips down low.
B8	Half Split	40sec	Do not arch lower back!
	Half Split Reps with Elastic	10x	

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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 Back Knee Straight Pulses with Elastic	10x	
C5	Parallel Runners Stretch	40sec	Lower back straight. Elevate your hands if you can not reach the floor.
C6	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.
C7	Runners Stretch Slides	8x	The upwards slide is where the movement happens. Anterior pelvic tilt! Push the front heel into the floor.

Split on Floor

Order	Exercise	Sets & Reps	Notes
D1	Front Split on Floor	1min	Quality over depth. Shoulders and hips parallel. If you are close to touching the floor extend the back knee
D2	Assisted Front Split Push Ups	10x	Weight equally in

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			between both legs. Hips & Shoulders squared!
D3	Half Split Kicks to Runners Stretch	8x	

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!