

## Week 1 | Day 0 | Front Splits Coaching Group

Coach Bachmann - Performing Arts Training

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

### Warm Up

Order	Exercise	Sets & Reps	Notes
A1	Knees To The Chest	1min	
A2	Deep Plie	10x	
A3	Long Lunges	10 each side	
A4	Half Wood Chopper	10	

### Front Split Prep Work

Order	Exercise	Sets & Reps	Notes
B1	Half Split Prep	40sec	
B2	1 Legged Hamstring Stretch on back	10&10sec hold	
B3	Half Split	40sec	
B4	Half Split to Runners Stretch	10x	