

Week 1 | Day 1 | 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	Long Back Lunges	10 each side	

Back Hip Focus

Order	Exercise	Sets & Reps	Notes
B1	Prep for Half Split	40sec	Hip over back knee. Focus on Posterior Pelvic Tilt
B2	Prep for Half Split With Yoga Block under Back Foot	40sec	
B3	Laying Quad Opener with Yoga Block	40sec	Do not arch lower back. Engage the abs to bring the stretch into the hip flexor
B4	Half Split	40sec	Do not arch lower back!
B5	Half Split Back Knee Bent against Wall. Glutes by Hips	40sec	Keep the hips close to the wall
B6	Half Split Back Knee Bent against Wall. Glutes by Hips. Pulses	10x	Arch and round the lower back practicing the posterior pelvic tilt
B7	Half Split Back Knee Bent against the Wall	40sec	Drop your hips down low.
B8	Half Split Back Knee Straight	30sec	Straighten the knee all the way! Hips stay low!
B9	Half Split Back Knee Slides	6x	Every time you bring the knee to the front, rotate your hips forward as much as possible. Keep

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			your pelvic in that position while pushing the knee back.
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Hamstring Focus

Order	Exercise	Sets & Reps	Notes
C1	Half Wood Chopper	10x	Knees locked. Lower back is straight
C2	One Legged Hamstring Stretch on Back	10x & 10sec hold	Use a rope as an extension of your arms if you can not reach your leg yet
C3	Runners Stretch	40sec	Lower back is straight or even arched. Use Yoga blocks if you can not reach the floor

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!