

Week 1 | Day 2 | Front Splits Coaching Group

Coach Bachmann - Performing Arts Training

www.coachbachmann.com

Warm Up

Order	Exercise	Sets & Reps	Notes
A1	Knees to the Chest	1min	

Hamstring Focus

Order	Exercise	Sets & Reps	Notes
B1	Walking Pike	30sec	
B2	Standing Round Arch Pulses	15x	
B3	Table	30sec	
B4	One Legged Hamstring Stretch on Back With Towel	10x & 10sec hold	Use a towel, sweatshirt or similar to create a small arch in your lower back
B5	One Legged Hamstring Stretch on Back	10x & 10sec hold	
B6	Runners Stretch	40sec	Use a rope as an extension of your arms if you can not reach your leg yet
B7	Runners Stretch Table	30sec	
B8	Runners Stretch Reps	8x	Hip & Shoulders stay parallel at all times. Hips over back knee!
B9	Parallel Runners Stretch	40sec	Lower back straight. Elevate your hands if you can not reach the floor.
	Parallel Runners Stretch Foot Pulses	10x	Focus on the anterior pelvic tilt. Keep your lower back straight or even slightly arched!

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Back Hip Focus

Order	Exercise	Sets & Reps	Notes
C1	Hip Circles on Back	10x each direction	
C2	Z-Stretch	40sec	
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
C5	Half Split Back Knee Bent against Wall. Glutes by Hips	40sec	Keep the hips close to the wall
C6	Half Split Back Knee Bent against Wall. Glutes by Hips. Pulses	10x	Arch and round the lower back practicing the posterior pelvic tilt

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!

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