

Front splits Programme

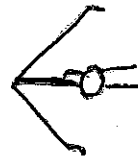
Basic Stretches:



Pike fold



Straddle fold (side)



Straddle fold (centre)

Lunges:



Kneeling lunge



Basic lunge



Bent leg lunge



Straight leg lunge



'A' TO  
A FOLD  
TO TOES

Further Extension:



Leg raised



Knee raised



Bent leg lunge

Leg swings



Lying



Kneeling



Standing (front)



Fold (back)



Standing /  
SIDE SWING

Full splits and Over splits stretches:



Full splits (kneeling)



Full splits (standing)



Full splits (back leg bent)



Over splits (front leg raised)



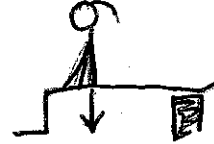
Over splits (back leg raised)

To improve flexibility stretches should be held for 30-60 seconds

To maintain flexibility stretches should be held between 10-15 seconds

## Right Leg Splits Circuit

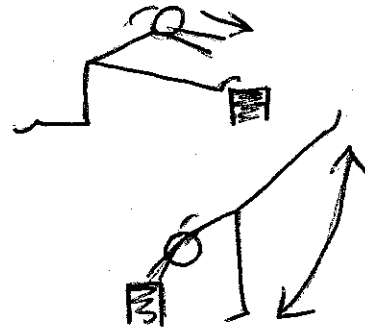
1. Lunge using bench, Right leg forward.



2. Front leg swing, using right leg.

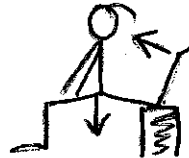


3. Fold stretch using bench, Right leg forward.



4. Back leg swing, using LEFT leg.

5. Over stretch using bench, Right leg forward.



6. Full splits on floor, Right Leg forward.



7. Over stretch using wall, Right leg forward.

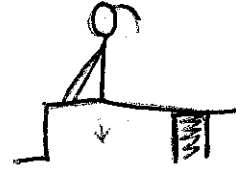


8. Over stretch using bench, Right leg forward.



## Left Leg Splits Circuit

1. Lunge using bench, left leg forward.



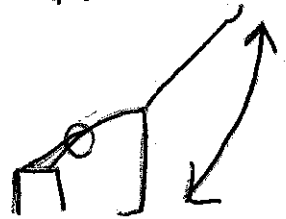
2. Front leg swing, using left leg.



3. Fold stretch using bench, left leg forward.



4. Back leg swing, using **RIGHT** leg.



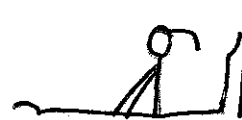
5. Over stretch using bench, left leg forward.



6. Full splits on floor, left Leg forward.



7. Over stretch using wall, left leg forward.

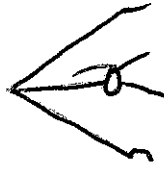


8. Over stretch using bench, Left leg forward.



## Box Splits Circuit

1. Straddle Fold.



2. Frog Stretch, right leg straight.



3. Side leg swings, using right leg.



4. Frog stretch, left leg straight.



5. Side leg swings, using left leg.



6. Full frog stretch, both legs bent.



7. Back lying, straddle bounce stretch.



8. Full box splits stretch.

