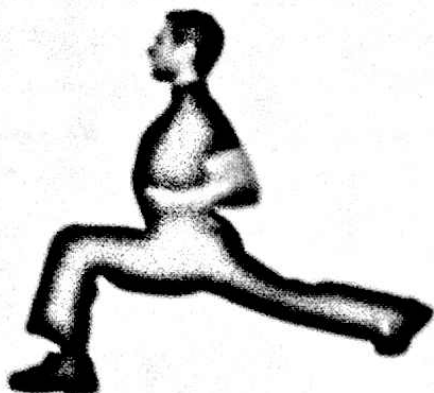
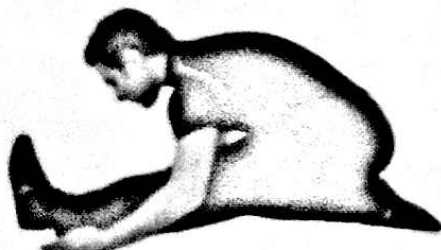


Position: Lounge Stance



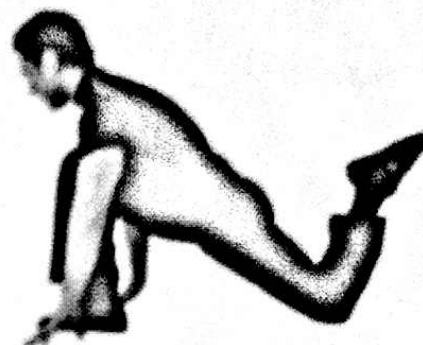
- **Action:** Place one leg in front of the other. Bend the front knee to a 90 degree angle. Extend the rear leg as far back as possible. Keep the front foot flat and the rear leg on the ball of the feet
- **Key points:** Back straight. Ideally there should be a straight line between the front and the rear thigh
- **Purpose:** To strengthen and prepare the muscles for the front split.

Position: Sitting Hamstring Stretch



- **Action:** Sit back on the heel of one foot, while the other is extended straight in front of you. Lean forward toward the front leg
- **Key points:** Sit back on the heel; be careful not to sit on the floor next to the heel
- **Purpose:** To prepare the hamstrings for the front split.

Position: Lifted Tail Stretch



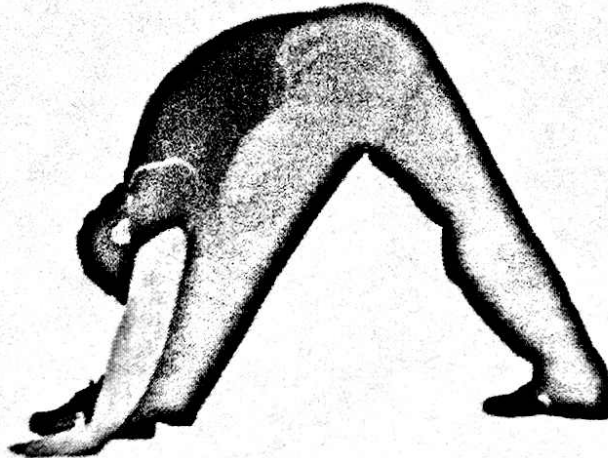
- **Action:** Place your hands around the front foot and bring the rear leg back as much as possible. Flex the rear leg
- **Key points:** Make sure the rear knee is behind and not under the hip
- **Purpose:** To stretch and prepare the hip flexors and quadriceps for the front split.

Position: Quarter Split



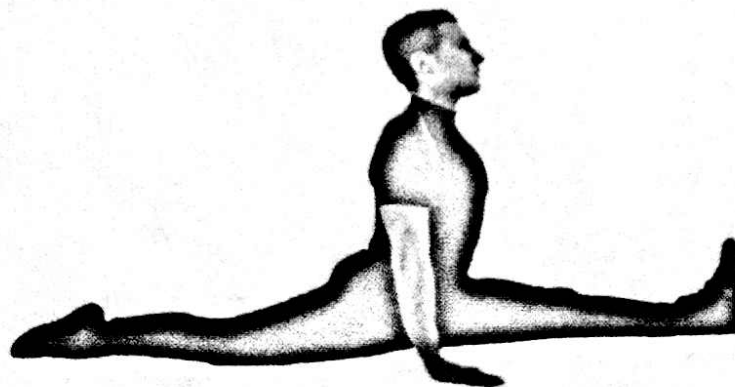
- **Action:** Begin by assuming the position above. Extend the rear leg and bring the body up, until the stretch is felt in front of the rear thigh
- **Key points:** Make sure the rear knee is behind the hip
- **Purpose:** To prepare the hip flexors (top, front of the thigh) for the front split.

Position: *Triangle Stretch*



- **Action:** Place one foot in front of the other. Lean forward, ideally placing the chest on the knee
 - **Key points:** Feet may be slight side distance from one another, for stability. If the floor can't be reached, hands may rest on an object that is above the ground (such as chair or foam blocks)
 - **Purpose:** To stretch and prepare the hamstring for the front split.
-

Position: *Front Split*



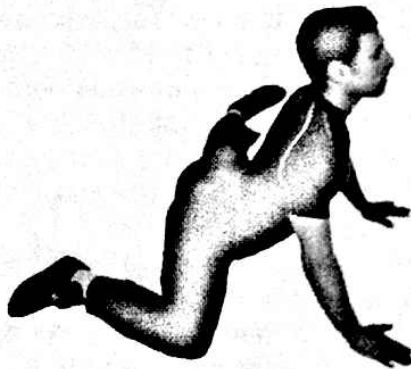
- **Action:** Begin by assuming the position above. Bring the rear leg as far back as possible. Keep the front leg straight
- **Key points:** It's often helpful to wait a few moments, after attempting the previous position, before performing a split
- **Purpose:** Front Split

Position: *Half-Split I*



- **Action:** Spread the legs wide, squat down and place your hands on the floor. Extend one of the knees, while further bending the other
- **Key points:** Keep the foot of the bent leg flat on the ground. You may use the elbow to press the bent knee backward for increased adductor stretch.
- **Purpose:** To loosen up the hamstrings and inner thigh.

Position: *Half Split II*



- **Action:** Come up on hands and knees. Extend one leg, while keeping the other knee bent. Slide the extended leg to the side. Ideally the inner thigh should touch the floor
- **Key points:** Do not try to sit back; gluteus should not touch the floor
- **Purpose:** To loosen up the adductors and inner thighs, in preparation for deeper flexibility

Position: *Isometric Split*



- **Action:** Place your hands on the floor. Spread the legs as wide as possible. Feel the muscles which are being stretched, and squeeze them, as if you were trying to bring your legs together
- **Key points:** Keep most weight on the hands and transfer the weight to the lower body slowly; do not sit on the floor
- **Purpose:** To prepare the muscular and nervous system for a side split.

Position: *Straddle Twist*



- **Action:** Sit with your legs in front of you, spread the legs. Rotate the upper body to one side
- **Key points:** Keep the abdominals tight to protect the back
- **Purpose:** To loosen up the back muscles, for the stretches coming up next.

Position: ***Straddle Twist & Bend***



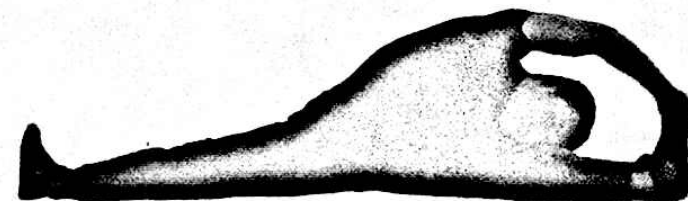
- **Action:** Assume the previous position. Lean toward the leg.
- **Key point:** Hands can pull on the foot or rest on the floor
- **Purpose:** To loosen up the hamstring, adductors as well as back muscles.

Position: ***One-Arm Reach***



- **Action:** Assume the position above. Bring the right arm to the center. Slowly guide the your body toward the floor using the left arm as leverage.
- **Key points:** This position is a continuation of the position above.
- **Purpose:** To loosen up the hamstrings, adductors and back muscles.

Position: ***Straddle Side-Bend***



- **Action:** Sit with legs in front of you, and spread the legs apart. Lean sideways toward the leg.
- **Key points:** At first keep one hand on the ground to guide the trunk into the stretch.
- **Purpose:** To loosen up the hamstrings, adductors and back muscles.

Position: ***Side Split***



BONUS

Position: *V-UP Straddle Start*



- **Action:** Sit with the legs in front of you. Spread the legs. Lift the legs off of the ground and hold.
- **Key points:** Don't try to spread the legs all the way out, while holding them up.
- **Purpose:** To temporarily inhibit the stretch reflex.

Position: *V-UP Straddle Finish*



- **Action:** Assume the position above. Place the legs on the ground and take a few breaths. Lean forward, hold for as long as comfortable.
- **Key points:** Try to spread the legs as wide as possible, before leaning forward.
- **Purpose:** To supplement the side split training.