



middle splits & pancake

middle splits & pancake

This middle splits and pancake routine stands on its own or is a great way how to work on your splits during gym time or in between other moves.

The work in Deep Squat is a warm up, doing only one set is sufficient.

Repeat those other 4 exercises - pancake, leg overs, active and passive split - 2 times (Go first trough all four and then repeat).

You can do one exercise after another but give yourself a bit of rest in between these exercises and the sets.

I like to take this routine to the gym and alternate the exercises with practicing handstands.

squat to stand



- Start in a Squat with your feet shoulder width apart, toes pointing slightly outwards.
- Put your palms down in front of you and slowly stretch your legs allowing your hamstrings to lengthen.
- Don't worry if you don't stretch your legs completely, simply bend your knees, but make sure to still feel the stretch in your hamstrings.
- Hold the top position for 2 seconds and then come back into a Squat.
- Repeat for 10 repetitions.

knee away

- Come into your Deep Squat position.
- Place your hand on your knee from the inner side and try to pull it away from the body as much as possible.
- Your hips might lift up which is completely okay.
- Let it drop back in.
- Repeat 10 times and hold the last time 10 seconds.
- Change sides.





prayer squat

- Start in a Squat with your feet shoulder width apart, toes pointing slightly outwards.
- If your heels lift up off the floor while doing that, put blocks or books under them for support.
- Bring your hands into a prayer position with your elbows touching the inner sides of your thighs.
- Press your elbows to your thighs allowing them to open even more.
- Repeat for 10 small pulses and hold the last rep for 10 seconds.

knee in and out

- Start in a Deep Squat position.
- Try to push the right knee as far back as possible, lightly lifting your right inner side of the foot.
- Then drop the right knee down to the mat (as far down as it feels comfortable).
- Do 10 reps each side, while alternating the sides.
- You can use your hands in front for support.
- **Make it easier:** Sit down on your bum and do the same movement with the legs, just seated.



pancake

- Sit on the floor and spread your legs about 90 degrees.
- Either point or flex your toes.
- Bring your torso down (as much as you can) and then up.
- Try to keep your spine straight, if your back is rounding, sit up on something and go forward only until your back is straight.
- **Make it harder:** Place your hands behind your head or have them stretched out in front of you.
- **Make it even harder:** If you're in a gym, take a dumbbell or a weighted plate (start with small weights!) and do these with your weight on your upper back - GAME CHANGER!



leg overs

- Spread your legs about 90 degrees.
- Put a book next to your right foot and bring your hands on the floor next to your leg.
- The further the hands are, the harder it is going to be.
- Lift up your leg, bring it over the book and put it down on the other side of the book.
- That's one repetition.
- Do 20 repetitions.
- **For an easier variation:** Bend the other leg.



1)



2)



active middle split

- This exercise has two parts.
- **1)** Stand with your legs comfortably apart.
- Squeeze your butt as much as possible and try to bring your feet apart (they won't actually move, but your muscles will activate).
- Hold for 10 seconds.
- Then try the opposite – try to bring your feet away as much as possible (again, they don't move).
- Hold for 10 seconds.
- **2)** Do the same as in the previous exercise but go deeper.

passive middle split



- Come into your Middle Split, as down as possible.
- Place your hands in front of you for support or place them on something (chair) if you're too high.
- Hold for 15-30 seconds.