

# front splits

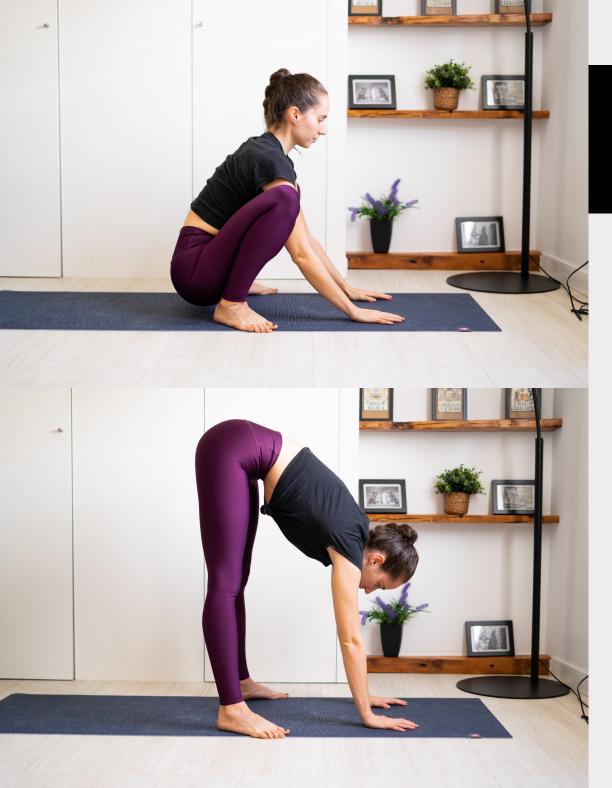
This front splits routine stands on its own or is a great way how to work on your front splits during gym time or in between other moves.

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

Repeat the other 3 exercises (good mornings, head to toe, split prep) 3 times! (Go first trough all three 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.

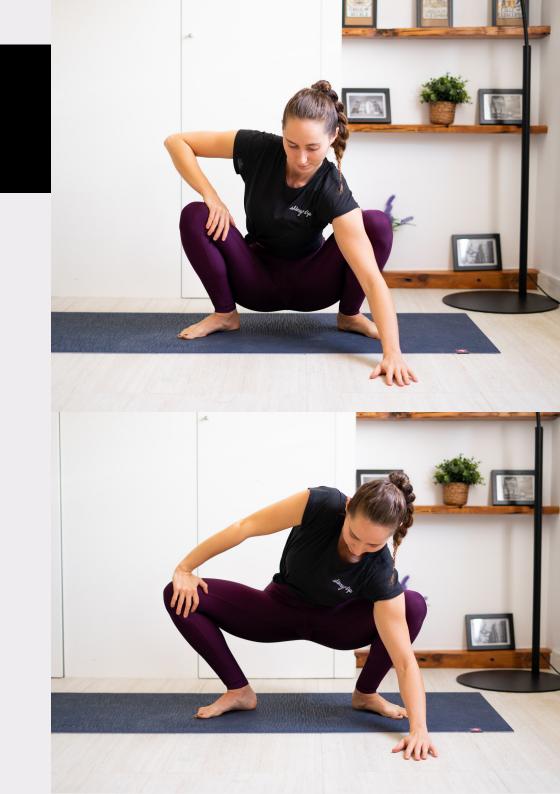


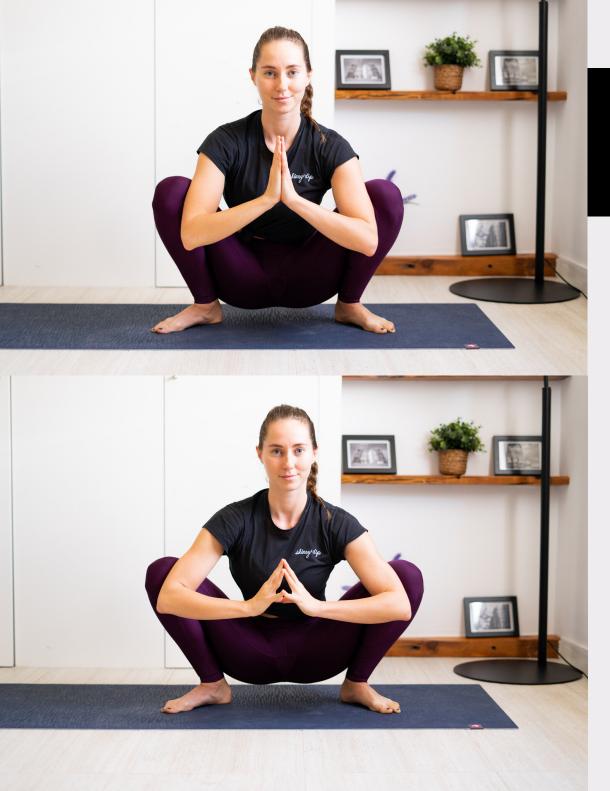
## squat to stand

- 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.



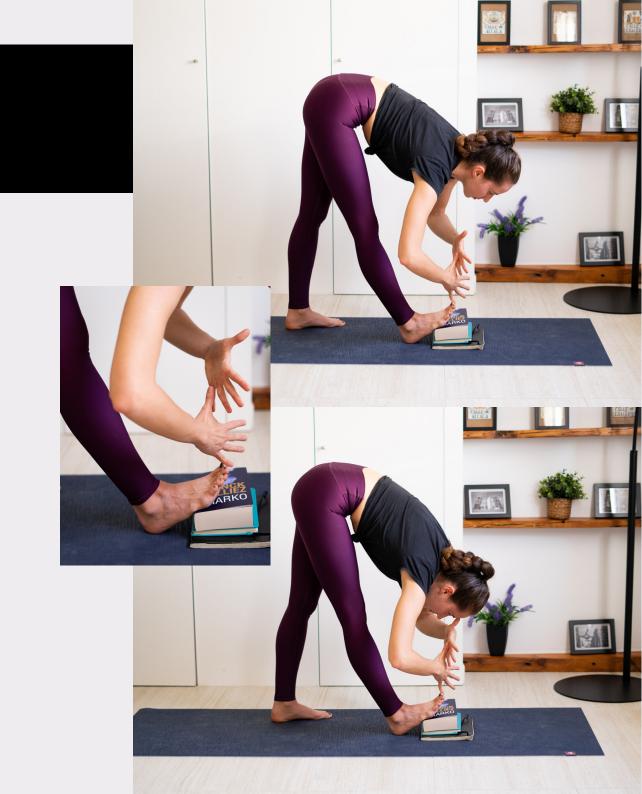
#### one leg good mornings

- Start with your legs hip width apart, one leg in the front.
- Put a yoga block / books under your front foot.
- Try to arch your spine and slowly bring your chest down.
- Don't drop down too much, keep arching the back.
- Keep your hands at the chest.
- For a harder version: Take a dumbbell or any weight and hold it at your chest (start small!)
- Do 5 reps each side and hold the last one for 5 seconds.



#### wushu head to toe

- Stand with your feet hip width apart, one foot in the front.
- Elevate the foot on books / block.
- Connect the hands together (picture for reference) and try to tap your forehead on the thumb.
- Do 20 repetitions and then switch sides.
- The hands are there for reference, each day you try this, try to go a bit lower.





# front split prep

- Right leg is stretched out in front of you, while the other is bent.
- Bring your hands on the floor or on yoga blocks / books.
- Slide down with your front foot forward.
- Engage your muscles and pull the leg back into the starting position.
- Repeat 10 times and on the last rep, go into your passive front split.
- Hold for about 10 seconds.
- Switch sides.