

front splits

A woman with dark hair tied in a bun is performing a front split on a light blue yoga mat. She is wearing a black t-shirt and purple leggings. Her right leg is extended forward, and her left leg is bent with the foot flat on the floor. She is leaning forward, with her hands resting on the mat. The background features white cabinets and a wooden shelf with a framed picture and a potted plant.

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.

