

SPLITS FOR THE Holidays



MODULE 2

1: Practice square & unsquare hips, from 90° on chair.
Focus on slightly pulling front leg back, at the same time you are bringing the back hip forward to square.
10x's each leg



2: Hip Stability: Hold side plank. Slowly lift top foot to knee.
Pay close attention to keeping correct foot/knee/hip alignment. 10x's each leg



3: Core Strength: Sit tuck feet flat on floor.
Curl down over 5 sec to as low as possible while still controlling core, open arms to side hold 5 sec.
Return back to tuck. Full set 10x's



4: Knee Stability: Lay on back with TheraBand around flexed foot.
Carefully & slowly bring leg up to 90° using a slight resistance.
Focus on keeping knee straight, not pushing back into hyperextension or bending.



5: Hips Chair, do all 3 steps.
Focus on square hips, core in & relaxing into the stretch.
1 min 30 sec each leg



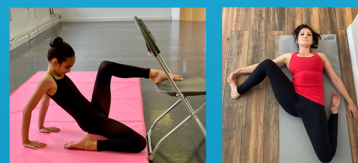
6: Lay Back Cross with Wall, focus on good foot/knee/hip alignment & relaxing. 1 min 30 sec each leg



7: Hips Homework, do all 5 steps. Focus on core in, staying hollow entire stretch, keeping hips squared.
Remember use core to keep weight in back hip. 1 min 30 sec each leg



8: Thigh Stretch- Choose which variation works better for you...
Thigh Floor or Thigh with Block.
Focus on relaxing & keeping hip squared. 1 min 30 sec each leg



9: Lunge Raiser, do all 4 steps. Focus on staying lifted, square hips, core in, no arching. 1 min 30 sec each leg



10: Square Splits Low, don't touch the floor yet, but try for close to the floor.
Focus on very square hips, chest up, core in, no arch in back.
It is more important to have good alignment, than to be very low.



Days

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