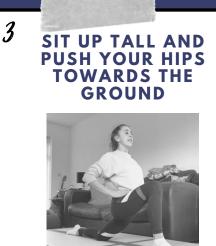
## PRACTICE MAKES PROGRESS \*SPLITS STRETCHES







BEND YOUR LEG & PUSH HIPS FORWARD WITH YOUR HEEL DIRECTLY UNDER YOUR KNEE



STRAIGHTEN YOUR FRONT LEG AND SLOWLY FOLD FORWARD THE AIM IS TO GET YOUR NOSE TO YOUR KNEE

4





SLIDE DOWN INTO SPLITS, KEEPING YOUR FRONT KNEE FACING UPWARDS, BACK KNEE ON THE FLOOR & HIPS FACING FORWARDS



DON'T WORRY IF YOU CAN'T GET ALL THE WAY DOWN YET! PRACTICE MAKES PROGRESS!



## REPEAT STEPS 1 - 5 ON YOUR OTHER LEG



YOUR TICK SHEET TO KEEP YOURSELF MOTIVATED & TO TRACK YOUR PROGRESS