

LWCC

PRACTICE MAKES PROGRESS

SPLITS STRETCHES

1
START ON YOUR KNEES & PUT YOUR SPLIT LEG IN FRONT



2
BEND YOUR LEG & PUSH HIPS FORWARD WITH YOUR HEEL DIRECTLY UNDER YOUR KNEE



3
SIT UP TALL AND PUSH YOUR HIPS TOWARDS THE GROUND



4
STRAIGHTEN YOUR FRONT LEG AND SLOWLY FOLD FORWARD THE AIM IS TO GET YOUR NOSE TO YOUR KNEE



5
SLIDE DOWN INTO SPLITS, KEEPING YOUR FRONT KNEE FACING UPWARDS, BACK KNEE ON THE FLOOR & HIPS FACING FORWARDS



6
REPEAT STEPS 1 - 5 ON YOUR OTHER LEG



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

TAKE A PHOTO OF YOUR SPLITS TODAY, WHATEVER THEY LOOK LIKE NOW



TAKE A PHOTO AFTER 7 DAYS DAILY PRACTICE & SEE YOUR PROGRESSION



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