

10 min Splits Stretch

back foot for these exercises raised on platform

back leg straight

front knee bent (make sure knee is not in front of your foot)

front foot pointing forward

- Right leg forward
- 30sec hold hands on the ground
- 30sec hold hands on knee
- 30sec hold hands on hips
- X20 pulses hands on hips
- X10 snaps to stretch hands from the group to fully stretched up

**Both legs together standing on ground
20 sec pike fold**

Repeat the above with your left leg forward

- Pike fold standing 20sec
- Side lunge (right foot raised)
- 30sec hold hands on knees
- 30sec hold hands on hips
- 30sec hold hands stretched up
- Stand up straddle stretch through your legs
- X20 pulses hands on hips
- X10 arms out to the side snap to stretch

Repeat with left foot raised