

Level Three & Level Four

**Stretching Guide
Front Splits, Middle Splits, Balance Training,
and, Ankle Mobility & Strength**

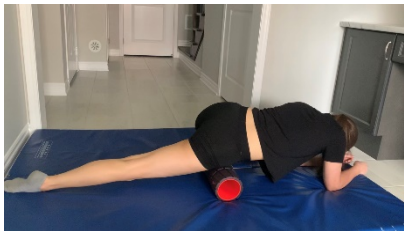
Middle Splits – Level 4

Self Myofascial Release – 30-45 seconds each side, each leg

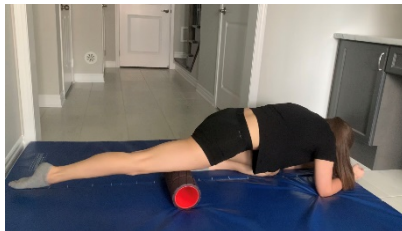
Purpose: To help relieve tightness and soreness, increase range of motion, improve tissue elasticity and enhance blood flow to the area.

Instructions:

- Using a foam roller, roll out your hip flexors, quads, adductors, IT band, hamstrings, calves and glutes
- Give extra attention to any knots or spots of tension



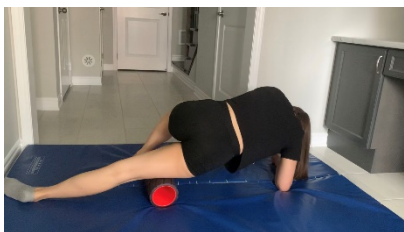
Hip Flexors



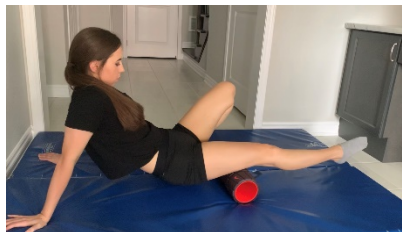
Quads



Adductors



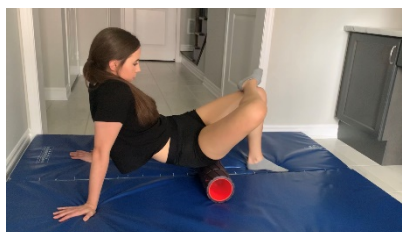
IT Band



Hamstrings



Calves



Glutes

Middle Splits – Level 4

Straddle (Middle) with Feet Elevated – 2 x 1 minute

Purpose: To improve flexibility of the hip adductors and hamstrings.

Instructions:

- Position your legs in the widest straddle you can do with your feet on small blocks or books. Squeeze your knees and point your toes. With straight arms, reach forward as far as you can without letting your legs turn inward. Your knees should face upward or slightly backward.

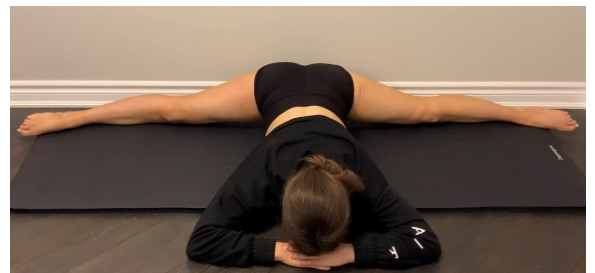


Middle Split – 30 seconds

Purpose: To improve flexibility of the adductors.

Instructions:

- Squeeze knees and point toes
- Hips, knees and feet should be in one straight line
- You may support yourself on your hands, elbows or with your arms out in front of you



Middle Splits – Level 4

Middle Oversplits (1 Leg Up) – 2 x 1 minute

Purpose: To improve flexibility of the hip adductors.

Instructions:

- Elevate one foot and slide into middle splits. Hold for 1 minute, then rest and shake your legs out. Elevate your other foot and hold for 1 more minute.
- Squeeze your knees and point your toes. Hips, knees and feet should be in one straight line.



Middle Oversplits (Both Legs Up) – 1 minute

Purpose: To improve and/or maintain flexibility of the hip adductors.

Instructions:

- Elevate both feet and go into middle splits. Squeeze your knees and point your toes. Hips, knees and feet should be in one straight line.

Middle Splits – Level 4

Straddle Lowers with Dowel (Feet Elevated) – 3 x 10

Purpose: To develop strength and control through a straddle position and improve flexibility of the hip adductors and hamstrings.

Instructions:

- Sit in a straddle with both feet elevated. Hold a dowel or weighted bar on the top of your shoulders/upper back. If you don't have one, a broomstick or any stick wider than shoulder width will do. Squeeze your knees and point your toes, then slowly lean forward as low as you can go. Try your best not to let your legs turn inward. Pull back up to your starting position and repeat.
- Keep your back straight when lowering and sitting up – rounding it can injure the back over time

Zig Zag Hip Lifts – 3 x 10 each side, each way

Purpose: To improve hip strength and stability in internally and externally rotated positions.

Instructions:

- Sit in a zig zag position, with one leg bent in front of you and one leg behind you. Place your hands on either side of the floor beside you and lift up your front leg, maintaining its position. Once finished 10 lifts, repeat on the back leg. Once finished all 3 sets of 10 on each leg, switch your position so your opposite leg is now in front, and the other is now at the back. Perform 3 sets of 10 in this position.

Spiderman Leg Lifts – 2 x 10 each side

Purpose: To improve hip strength and stability, particularly in the glutes and hip flexors.

Instructions:

- Lay on your stomach on the floor. Put your feet together and straighten your knees. Bend one knee and slowly lift one leg up to your side as high as it can go. Do not let it touch the floor on the way up. At the same pace, bring it back down to the starting position without letting it touch the floor. Repeat.

Middle Splits – Level 4

Straight-Leg Spiderman Leg Lifts – 2 x 10 each side

Purpose: To improve hip strength and stability, particularly in the glutes and hip flexors.

Instructions:

- Lay on your stomach on the floor. Put your feet together and straighten your knees.
- While keeping your knee straight, slowly lift one leg up to your side as high as it can go. Do not let it touch the floor on the way up. At the same pace, bring it back down to the starting position without letting it touch the floor. Repeat.

Hip Abductions with Resistance Band – 3 x 10 each side

Purpose: To strengthen the hip abductors.

Instructions:

- Tie a mini band or resistance band around your ankles and lay on your side with your legs straight.
- Against the resistance of the band, lift your top leg up and away from your bottom leg. Slowly return to the starting position and repeat.
- Your knees should be squeezed and toes pointed

Side-Lying Clamshells – 3 x 10 each side

Purpose: To improve hip stability and external rotation strength.

Instructions:

- Lay on your side and place a mini band or tied resistance band around your legs, just above your knees
- While keeping your feet together, lift your top leg and turn it outward as far as you can. Slowly return back to the starting position and repeat.

Middle Splits – Level 4

Double Band Hip External Rotations – 3 x 5 each side

Purpose: To improve hip stability and external rotation strength.

Instructions:

- Place 2 mini bands or tied resistance bands around your legs (1 just above your knees and 1 at your ankles)
- Stand on one leg and turn the other leg inward. Against the resistance of the bands, rotate your leg outward as much as you can, then slowly bring it back to the internally rotated position.

Side-to-Side Leg Swings – 3 x 15 each leg

Purpose: Working on active flexibility. To improve hip mobility and develop strength and control in split positions.

Instructions:

- Knees must be squeezed and toes must be pointed
- Turn out swinging leg at the top of the kick

Side Leg Lift Hold – 3 x 20 seconds each side

Purpose: To improve hip flexor and glute strength.

Instructions:

- Stand with your feet together, then lift one leg up to the side as high as you can. Hold for 20 seconds, then rest. Repeat on other side.
- Both the supporting leg and the lifted leg should be straight. Toes must be pointed.
- Try to turn the hip of the lifted leg outward – your knee should be facing upward or slightly backward

Front Splits – Level 4

Hollow & Superman Rockers – 3 x 20 each way

Purpose: To improve core strength, stability and endurance.

Instructions:

- Hollow Rockers
 - Legs straight, knees squeezed, toes pointed and feet together. Cross your arms over your chest. Round your upper back and shoulders, keeping them off the floor the entire time. Your heels are allowed to tap the floor gently as you rock.
- Superman Rockers
 - Legs straight, knees squeezed, toes pointed and feet together. Arms must be straight, by your ears and reaching forward the entire time. Imagine there are strings pulling your arms and legs in opposite directions to help you reach.

V-Snaps – 3 x 15 each way

Purpose: To improve core strength and endurance.

Instructions:

- Lay on your back with your arms up by your ears. Quickly snap both your upper body and legs up at the same time and reach toward your toes. Keep your arms by your ears, do not touch the ground with your arms or legs in between reps, do not let your knees bend and do not let your feet separate.

Flutter & Scissors – 50x each

Purpose: To improve core strength and endurance.

Instructions:

- Sit on the floor with your arms stretched out behind you for support. Lift both feet off the floor and do alternating flutters with your legs (up & down on each leg counts as 1 flutter). Then, switch to scissors by drawing half circles with each foot. 2 half circles = 1 scissor.

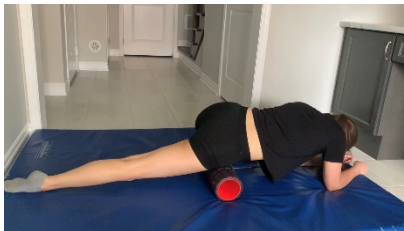
Front Splits – Level 4

Self Myofascial Release – 30-45 seconds each side, each leg

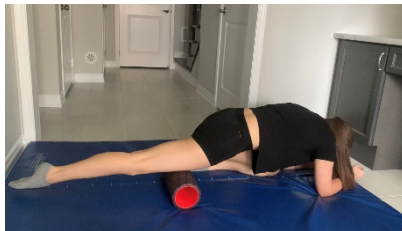
Purpose: To help relieve tightness and soreness, increase range of motion, improve tissue elasticity and enhance blood flow to the area.

Instructions:

- Using a foam roller, roll out your hip flexors, quads, adductors, IT band, hamstrings, calves and glutes
- Give extra attention to any knots or spots of tension



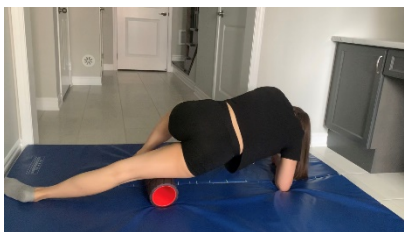
Hip Flexors



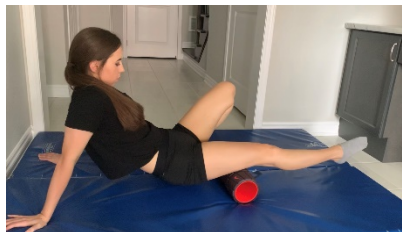
Quads



Adductors



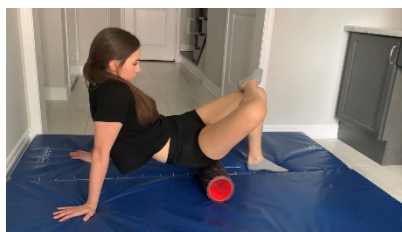
IT Band



Hamstrings



Calves



Glutes

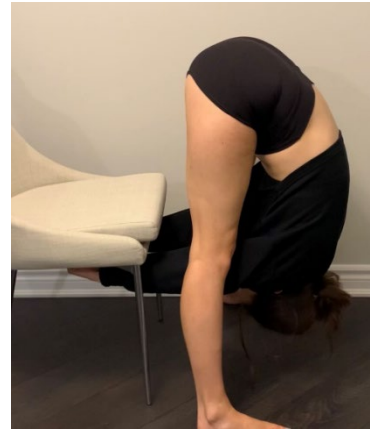
Front Splits – Level 4

Standing Pike Reach Through – 3 x 30 seconds

Purpose: To improve flexibility of the hamstrings.

Instructions:

- Find a post or piece of furniture that is sturdy enough to pull on (a banister post is a good option). Face away from the post and reach down into a standing pike position. Separate your feet about shoulder width apart and reach through your legs to grab the post. Pull yourself toward the post until you feel a stretch in your legs.



Squat & Stand Pike Stretch – 5 x 5 seconds each

Purpose: To improve flexibility of the hamstrings.

Instructions:

- Squat all the way down with your feet together. Try your best to flatten your heels on the ground. Hold for 5 seconds, then straighten your legs into a pike position and squeeze your knees. Hold for 5 more seconds. Repeat until you do each position 5 times. You may grab your legs to pull your chest closer to them if needed.



Front Splits – Level 4

Half-Kneeling Quad Stretch – 45 seconds each side

Purpose: To improve flexibility of the quadriceps.

Instructions:

- In a half-kneeling position, grab your back foot. Do not lean forward, your joints should create a 90 degree angle.
- Tuck your hips under and squeeze your glutes, avoid arching your back in any way
- You should feel a stretch in the front of your thigh on the back leg



Half-Kneeling Hip Flexor Stretch – 45 seconds each side

Purpose: To improve flexibility of the hip flexors.

Instructions:

- In a half-kneeling position, position your legs so your joints create 90 degree angles
- Tuck your hips under, round your back and squeeze your glutes, avoid arching your back in any way
- You should feel a stretch in the front of the hip on the back leg



Front Splits – Level 4

Half-Kneeling Hamstring Stretch – 45 seconds each side

Purpose: To improve flexibility of the hamstrings.

Instructions:

- In a half-kneeling position, straighten one leg out in front of you. Make sure your hips are square and that your back foot is pointing straight backward, not on an angle. Bend forward at the hips, trying to keep your back straight. You may point or flex the front foot.

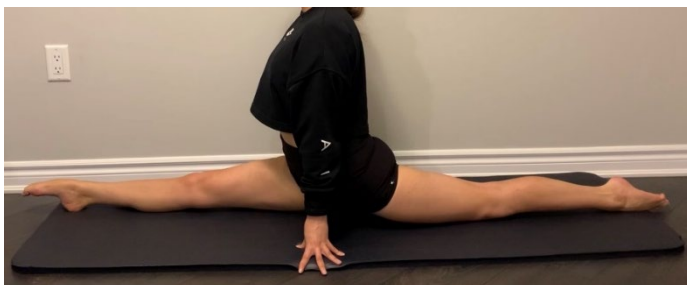


Right & Left Splits – 30 seconds each side

Purpose: To improve flexibility of the hamstrings and hip flexors.

Instructions:

- Only go as low as you can until you feel a stretch. Your hips must be square – don't let your back leg turn out or your front leg turn in. Squeeze your front knee and point your toes.



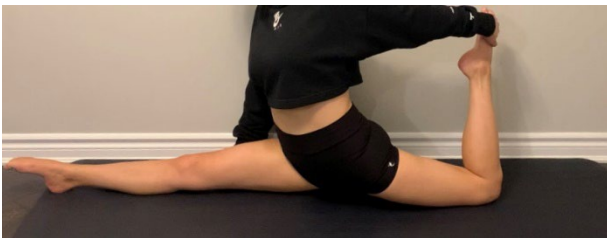
Front Splits – Level 4

Splits with Back Leg Bent – 30 seconds each side

Purpose: To improve flexibility of the hip flexors, quads and hamstrings.

Instructions:

- Position yourself in a split so your hips are slightly in front of the side of a door frame or corner of a wall. If you're doing right splits, your right side should be closest to the wall & vice versa. Bend your back leg so the inside of your thigh and lower leg make contact with the wall. (If you are unable to use a door frame/wall, you can just grab your foot with your hand).
- Sit up straight or lean back into a scorpion position

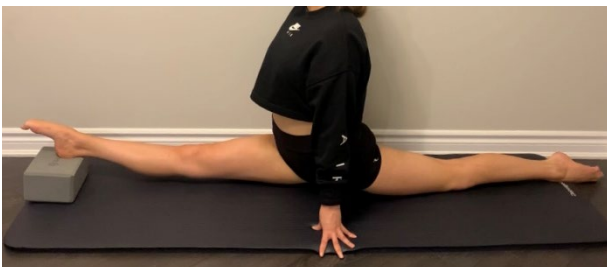


Oversplits – 2 minutes each side

Purpose: To improve flexibility of the hamstrings and hip flexors.

Instructions:

- Elevate your front foot on a surface no higher than 1 foot tall, then slide into splits. Keep your hips square, knees squeezed and toes pointed.
- Sit upright or place your hands on the object your foot is resting on



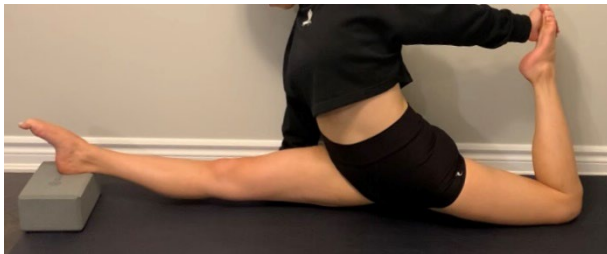
Front Splits – Level 4

Oversplits with Back Leg Bent – 2 minutes each side

Purpose: To improve flexibility of the hip flexors, quads and hamstrings.

Instructions:

- Same as ‘Splits with Back Leg Bent’ but with your front foot elevated.



Hip Lift with Kick – 2 x 10 each side

Purpose: To improve active flexibility and hip strength.

Instructions:

- Lay on your back and elevate your feet on a surface about 1 foot high. Place your hands behind your head. Squeeze your glutes to lift your hips up, then kick one leg towards your face and back down. Lower your hips down to the floor again and repeat. Keep your kicking leg straight with pointed toes. Make your kick fast.

Single-Leg Elevated Glute Bridge – 3 x 10 each side

Purpose: To improve hip extension strength.

Instructions:

- Lay on your back and elevate one foot on a surface about 1 foot high. Pull your other knee in toward your chest and hold it there. Squeeze your glutes to lift your hips up, then lower back down slowly.

Front Splits – Level 4

Zig Zag Hip Lifts – 3 x 10 each side, each way

Purpose: To improve hip strength and stability in internally and externally rotated positions.

Instructions:

- Sit in a zig zag position, with one leg bent in front of you and one leg behind you. Place your hands on either side of the floor beside you and lift up your front leg, maintaining its position. Once finished 10 lifts, repeat on the back leg.
- Once finished both sets of 10 on each leg, switch your position so your opposite leg is now in front, and the other is now at the back. Perform 2 sets of 10 in this position.

Spiderman Leg Lifts – 3 x 10 each side

Purpose: To improve hip strength and stability, particularly in the glutes and hip flexors.

Instructions:

- Lay on your stomach on the floor. Put your feet together and straighten your knees. Bend one knee and slowly lift one leg up to your side as high as it can go. Do not let it touch the floor on the way up. At the same pace, bring it back down to the starting position without letting it touch the floor. Repeat.

Hip Extensions – 3 x 10 each side

Purpose: To improve hip stability and extension strength.

Instructions:

- Keeping your back knee facing the ground, use your glutes to lift your leg up. Squeeze your knees and point your toes.

Side-Lying Clamshells – 3 x 10 each side

Purpose: To improve hip stability and external rotation strength.

Instructions:

- Lay on your side and place a mini band or tied resistance band around your legs, just above your knees. While keeping your feet together, lift your top leg and turn it outward as far as you can. Slowly return back to the starting position and repeat.

Front Splits – Level 4

Double Band Hip External Rotations – 3 x 5 each side

Purpose: To improve hip stability and external rotation strength.

Instructions:

- Place 2 mini bands or tied resistance bands around your legs (1 just above your knees and 1 at your ankles). Stand on one leg and turn the other leg inward. Against the resistance of the bands, rotate your leg outward as much as you can, then slowly bring it back to the internally rotated position.

Leg Lifts – 2 x 15 each side, each way

Purpose: To improve hip flexor and glute strength.

Instructions:

- Place your foot on a surface about knee height or slightly higher. Slowly lift your leg up without making any compensations in the rest of your body, then place it back down. Keep both knees squeezed and toes pointed.
- If your leg is unable to lift up at first it's okay, over time it will go higher as you gain strength



Forward



Side



Backward

Front Splits – Level 4

Leg Lift Hold – 3 x 20 seconds each side, each way

Purpose: To improve hip flexor and glute strength.

Instructions:

- Same technique as the previous exercise, but you are lifting your leg and holding it up in the same position for 20 seconds at a time

Leg Lift with Rotation – 5x each leg (backward + forward is 1x)

Purpose: To improve hip stability and control through the range of motion.

Instructions:

- Start by lifting one leg up to the front. Slowly rotate your hip and bring your leg to the side, then all the way around to the back. Perform the same movement in reverse (bring your leg from back to side to front). Keep your knees squeezed and toes pointed.

Leg Swings – 3 x 15 each side, each way

Purpose: Working on active flexibility. To improve hip mobility and develop strength and control in split positions.

Instructions:

- Knees must be squeezed and toes must be pointed
- 2 ways:
 - Front → Back
 - Straight Back

Front Splits – Level 3

Hollow & Superman Rockers – 3 x 15 each way

Purpose: To improve core strength, stability and endurance.

Instructions:

- Hollow Rockers
 - Legs straight, knees squeezed, toes pointed and feet together. Cross your arms over your chest. Round your upper back and shoulders, keeping them off the floor the entire time. Your heels are allowed to tap the floor gently as you rock.
- Superman Rockers
 - Legs straight, knees squeezed, toes pointed and feet together. Arms must be straight, by your ears and reaching forward the entire time. Imagine there are strings pulling your arms and legs in opposite directions to help you reach.

V-Snaps – 3 x 10 each way

Purpose: To improve core strength and endurance.

Instructions:

- Lay on your back with your arms up by your ears. Quickly snap both your upper body and legs up at the same time and reach toward your toes. Keep your arms by your ears, do not touch the ground with your arms or legs in between reps, do not let your knees bend and do not let your feet separate.

Flutter & Scissors – 30x each

Purpose: To improve core strength and endurance.

Instructions:

- Sit on the floor with your arms stretched out behind you for support. Lift both feet off the floor and do alternating flutters with your legs (up & down on each leg counts as 1 flutter). Then, switch to scissors by drawing half circles with each foot. 2 half circles = 1 scissor.

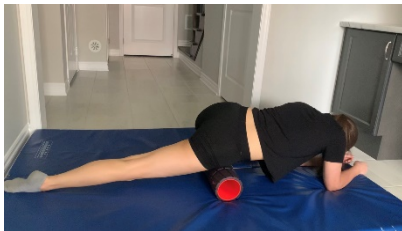
Front Splits – Level 3

Self Myofascial Release – 30-45 seconds each side, each leg

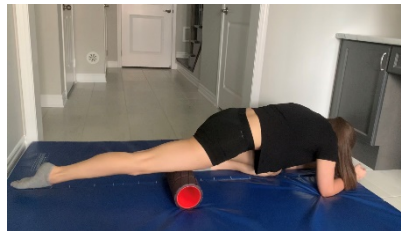
Purpose: To help relieve tightness and soreness, increase range of motion, improve tissue elasticity and enhance blood flow to the area.

Instructions:

- Using a foam roller, roll out your hip flexors, quads, adductors, IT band, hamstrings, calves and glutes
- Give extra attention to any knots or spots of tension



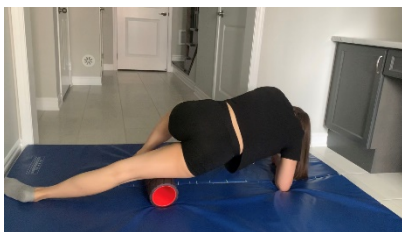
Hip Flexors



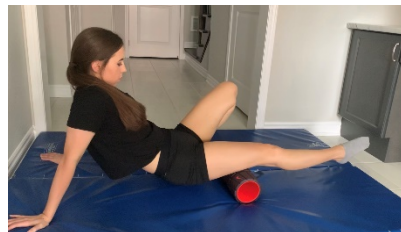
Quads



Adductors



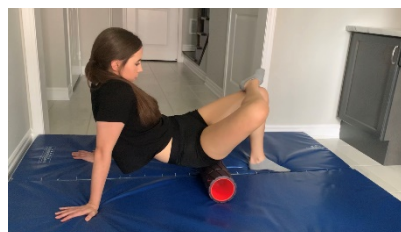
IT Band



Hamstrings



Calves



Glutes

Front Splits – Level 3

Pike Stretch – 2 x 15 seconds each position

Purpose: To improve flexibility of the hamstrings and calves.

Instructions:

- Sit on the floor with your feet out in front of you. Squeeze your knees so they're fully straight.
- 3 positions:
 - Feet together & pointed
 - Feet together & flexed
 - Feet about 1 foot apart & pointed



Squat & Stand Pike Stretch – 10 x 5 seconds each

Purpose: To improve flexibility of the hamstrings.

Instructions:

- Squat all the way down with your feet together. Try your best to flatten your heels on the ground. Hold for 5 seconds, then straighten your legs into a pike position and squeeze your knees. Hold for 5 more seconds. Repeat until you do each position 10 times.



Front Splits – Level 3

Half-Kneeling Quad Stretch – 2 x 45 seconds each side

Purpose: To improve flexibility of the quadriceps.

Instructions:

- In a half-kneeling position, grab your back foot. Do not lean forward, your joints should create a 90 degree angle.
- Tuck your hips under and squeeze your glutes, avoid arching your back in any way
- You should feel a stretch in the front of your thigh on the back leg



Half-Kneeling Hip Flexor Stretch – 2 x 45 seconds each side

Purpose: To improve flexibility of the hip flexors.

Instructions:

- In a half-kneeling position, position your legs so your joints create 90 degree angles
- Tuck your hips under, round your back and squeeze your glutes, avoid arching your back in any way
- You should feel a stretch in the front of the hip on the back leg



Front Splits – Level 3

Half-Kneeling Hamstring Stretch – 2 x 45 seconds each side

Purpose: To improve flexibility of the hamstrings.

Instructions:

- In a half-kneeling position, straighten one leg out in front of you. Make sure your hips are square and that your back foot is pointing straight backward, not on an angle. Bend forward at the hips, trying to keep your back straight. You may point or flex the front foot.

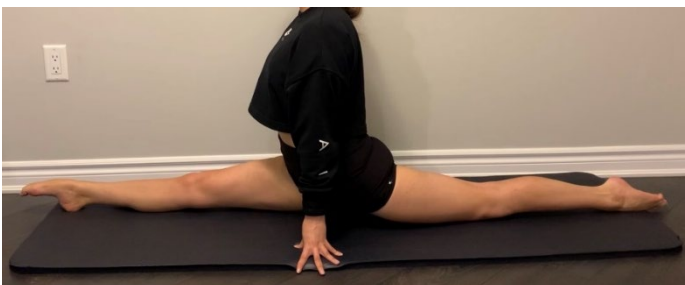


Right & Left Splits – 2 minutes each side

Purpose: To improve flexibility of the hamstrings and hip flexors.

Instructions:

- Only go as low as you can until you feel a stretch. Your hips must be square – don't let your back leg turn out or your front leg turn in. Squeeze your front knee and point your toes.



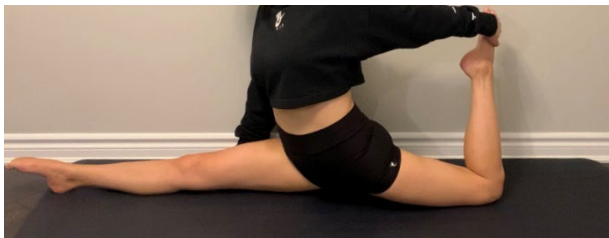
Front Splits – Level 3

Splits with Back Leg Bent – 2 minutes each side

Purpose: To improve flexibility of the hip flexors, quads and hamstrings.

Instructions:

- Position yourself in a split so your hips are slightly in front of the side of a door frame or corner of a wall. If you're doing right splits, your right side should be closest to the wall & vice versa. Bend your back leg so the inside of your thigh and lower leg make contact with the wall. (If you are unable to use a door frame/wall, you can just grab your foot with your hand).
- Sit up straight or lean back into a scorpion position

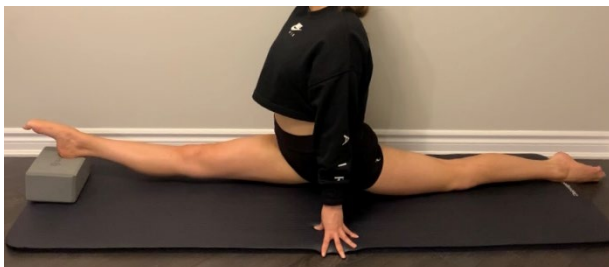


Oversplits – 2 minutes each side

Purpose: To improve flexibility of the hamstrings and hip flexors.

Instructions:

- Elevate your front foot on a surface no higher than 1 foot tall, then slide into splits. Keep your hips square, knees squeezed and toes pointed.
- Sit upright or place your hands on the object your foot is resting on



Front Splits – Level 3

Front Split Slide Outs – 2 x 10 each side

Purpose: To improve strength and control in a split position.

Instructions:

- Begin in a half-kneeling position with your front knee straight and squeezed. Slowly slide the front foot out, going as low as you can in a split without letting your back hip turn out. Slide the front leg back in and return to your starting position. Focus more on hip alignment rather than how low you slide down.

Split Swing Arounds – 10x each side

Purpose: To improve hip mobility, strength and control in a split position.

Instructions:

- Begin sitting in a pike position, then swing one leg around to the side and behind you into a split. Hold for 1-2 seconds, then swing your leg back around into the pike again. Repeat. Keep your knees straight and toes pointed.

Hip Lift with Kick – 10x each side

Purpose: To improve active flexibility and hip strength.

Instructions:

- Lay on your back and elevate your feet on a surface about 1 foot high. Place your hands behind your head. Squeeze your glutes to lift your hips up, then kick one leg towards your face and back down. Lower your hips down to the floor again and repeat. Keep your kicking leg straight with pointed toes. Make your kick fast.

Single-Leg Elevated Glute Bridge – 2 x 10 each side

Purpose: To improve hip extension strength.

Instructions:

- Lay on your back and elevate one foot on a surface about 1 foot high. Pull your other knee in toward your chest and hold it there. Squeeze your glutes to lift your hips up, then lower back down slowly.

Front Splits – Level 3

Zig Zag Hip Lifts – 2 x 10 each side, each way

Purpose: To improve hip strength and stability in internally and externally rotated positions.

Instructions:

- Sit in a zig zag position, with one leg bent in front of you and one leg behind you. Place your hands on either side of the floor beside you and lift up your front leg, maintaining its position. Once finished 10 lifts, repeat on the back leg.
- Once finished both sets of 10 on each leg, switch your position so your opposite leg is now in front, and the other is now at the back. Perform 2 sets of 10 in this position.

Spiderman Leg Lifts – 2 x 10 each side

Purpose: To improve hip strength and stability, particularly in the glutes and hip flexors.

Instructions:

- Lay on your stomach on the floor. Put your feet together and straighten your knees. Bend one knee and slowly lift one leg up to your side as high as it can go. Do not let it touch the floor on the way up. At the same pace, bring it back down to the starting position without letting it touch the floor. Repeat.

Hip Extensions – 2 x 10 each side

Purpose: To improve hip stability and extension strength.

Instructions:

- Keeping your back knee facing the ground, use your glutes to lift your leg up. Squeeze your knees and point your toes.

Side-Lying Clamshells – 2 x 10 each side

Purpose: To improve hip stability and external rotation strength.

Instructions:

- Lay on your side and place a mini band or tied resistance band around your legs, just above your knees. While keeping your feet together, lift your top leg and turn it outward as far as you can. Slowly return back to the starting position and repeat.

Front Splits – Level 3

Double Band Hip External Rotations – 2 x 5 each side

Purpose: To improve hip stability and external rotation strength.

Instructions:

- Place 2 mini bands or tied resistance bands around your legs (1 just above your knees and 1 at your ankles). Stand on one leg and turn the other leg inward. Against the resistance of the bands, rotate your leg outward as much as you can, then slowly bring it back to the internally rotated position.

Leg Lifts – 2 x 10 each side, each way

Purpose: To improve hip flexor and glute strength.

Instructions:

- Place your foot on a surface about knee height or slightly higher. Slowly lift your leg up without making any compensations in the rest of your body, then place it back down. Keep both knees squeezed and toes pointed.
- If your leg is unable to lift up at first it's okay, over time it will go higher as you gain strength



Forward



Side



Backward

Front Splits – Level 3

Leg Lift Hold – 2 x 20 seconds each side, each way

Purpose: To improve hip flexor and glute strength.

Instructions:

- Same technique as the previous exercise, but you are lifting your leg and holding it up in the same position for 20 seconds at a time

Leg Lift with Rotation – 5x each leg (backward + forward is 1x)

Purpose: To improve hip stability and control through the range of motion.

Instructions:

- Start by lifting one leg up to the front. Slowly rotate your hip and bring your leg to the side, then all the way around to the back. Perform the same movement in reverse (bring your leg from back to side to front). Keep your knees squeezed and toes pointed.

Leg Swings – 3 x 10 each side, each way

Purpose: Working on active flexibility. To improve hip mobility and develop strength and control in split positions.

Instructions:

- Knees must be squeezed and toes must be pointed
- 2 ways:
 - Front → Back
 - Straight Back

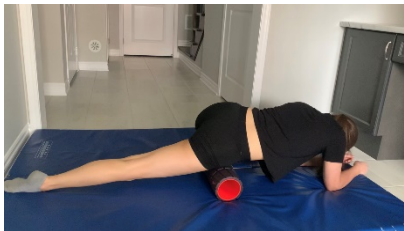
Middle Splits – Level 3

Self Myofascial Release – 30-45 seconds each side, each leg

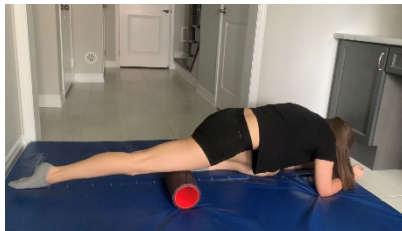
Purpose: To help relieve tightness and soreness, increase range of motion, improve tissue elasticity and enhance blood flow to the area.

Instructions:

- Using a foam roller, roll out your hip flexors, quads, adductors, IT band, hamstrings, calves and glutes
- Give extra attention to any knots or spots of tension



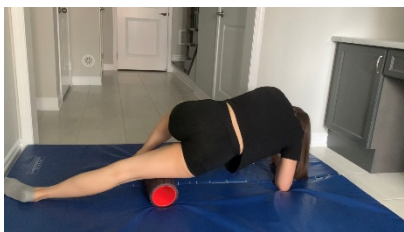
Hip Flexors



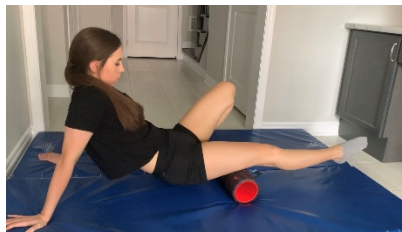
Quads



Adductors



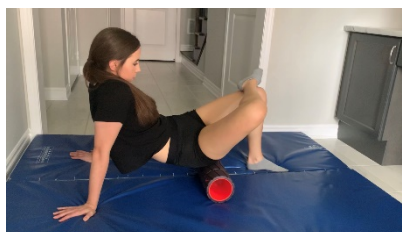
IT Band



Hamstrings



Calves



Glutes

Middle Splits – Level 3

Straddle (Middle) with Feet Elevated – 2 x 1 minute

Purpose: To improve flexibility of the hip adductors and hamstrings.

Instructions:

- Position your legs in the widest straddle you can do with your feet on small blocks or books. Squeeze your knees and point your toes. With straight arms, reach forward as far as you can without letting your legs turn inward. Your knees should face upward or slightly backward.

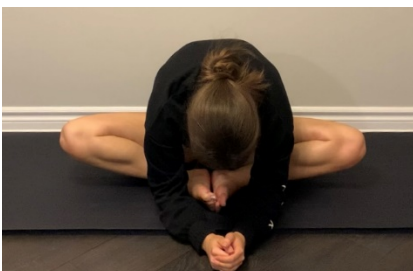


Butterfly – 2 x 30 seconds

Purpose: To improve flexibility of the adductors and glutes.

Instructions:

- Sit on the floor and bend both knees to bring the soles of your feet together. Pull your feet in close to you. For 30 seconds, reach forward with both arms and try to get your chest close to your feet. After a period of rest, spend 30 more seconds pushing your knees down with both hands.



Middle Splits – Level 3

Frog – 30 seconds

Purpose: To improve flexibility of the adductors.

Instructions:

- Position yourself on your hands and knees, then slowly slide your knees outward into a frog pose. You can support yourself on your forearms or keep your arms straight.
- Your hips should be in line with your knees



Middle Split Slide-Throughs – 10x

Purpose: To improve flexibility of the hip adductors and improve hip range of motion.

Instructions:

- Start with your feet together in a seated pike position. Separate your legs into a straddle and transfer your weight forward into a middle split position. Continue the weight transfer and slide your legs behind you, bringing them together again. Reverse the slide-through to return to the starting position. This counts as 1 slide-through.
- Your knees should be straight and squeezed for the entire slide through
- You may need to use your arms to assist you, but try to place most of your weight in your legs, especially as you pass through the middle split position

Middle Splits – Level 3

Middle Split – 1 minute

Purpose: To improve flexibility of the adductors.

Instructions:

- Squeeze knees and point toes
- Hips, knees and feet should be in one straight line
- You may support yourself on your hands, elbows or with your arms out in front of you



Middle Oversplits (1 Leg Up) – 2 x 1 minute

Purpose: To improve flexibility of the hip adductors.

Instructions:

- Elevate one foot and slide into middle splits. Hold for 1 minute, then rest and shake your legs out. Elevate your other foot and hold for 1 more minute.
- Squeeze your knees and point your toes. Hips, knees and feet should be in one straight line.



Middle Splits – Level 3

Middle Split Slide-Outs – 2 x 10

Purpose: To improve flexibility and strength of the hip adductors.

Instructions:

- Begin with your feet together and your hands on a sturdy object about 1 foot high (or just place them on the floor). Slowly slide both legs out into the lowest middle split you can do with straight legs. Slide your feet back in and squeeze your legs together as hard as you can for 5 seconds. Repeat.
- Squeeze your knees and point your toes. Hips, knees and feet should be in one straight line. You should focus more on the alignment of your hips and legs rather than how low you go in the split.
- To help you slide, you can use exercise sliders, place your feet on pieces of clothing, or wear socks on a slippery floor.

Straddle Lowers with Dowel – 2 x 10

Purpose: To develop strength and control through a straddle position and improve flexibility of the hip adductors.

Instructions:

- Sit in a straddle position and hold a dowel or weighted bar on the top of your shoulders/upper back. If you don't have this equipment, a broomstick or any stick wider than shoulder width will do.
- Squeeze your knees and point your toes, then slowly lean forward as low as you can go. Try your best not to let your legs turn inward. Pull back up to your starting position and repeat.
- Keep your back straight when lowering and sitting up – rounding it can injure the back over time

Middle Splits – Level 3

Zig Zag Hip Lifts – 2 x 10 each side, each way

Purpose: To improve hip strength and stability in internally and externally rotated positions.

Instructions:

- Sit in a zig zag position, with one leg bent in front of you and one leg behind you
- Place your hands on either side of the floor beside you and lift up your front leg, maintaining its position. Once finished 10 lifts, repeat on the back leg.
- Once finished both sets of 10 on each leg, switch your position so your opposite leg is now in front, and the other is now at the back. Perform 2 sets of 10 in this position.

Spiderman Leg Lifts – 2 x 10 each side

Purpose: To improve hip strength and stability, particularly in the glutes and hip flexors.

Instructions:

- Lay on your stomach on the floor. Put your feet together and straighten your knees.
- Bend one knee and slowly lift one leg up to your side as high as it can go. Do not let it touch the floor on the way up. At the same pace, bring it back down to the starting position without letting it touch the floor. Repeat.

Hip Abductions with Resistance Band – 2 x 10 each side

Purpose: To strengthen the hip abductors.

Instructions:

- Tie a mini band or resistance band around your ankles and lay on your side with your legs straight.
- Against the resistance of the band, lift your top leg up and away from your bottom leg. Slowly return to the starting position and repeat.
- Your knees should be squeezed and toes pointed

Middle Splits – Level 3

Side-Lying Clamshells – 2 x 10 each side

Purpose: To improve hip stability and external rotation strength.

Instructions:

- Lay on your side and place a mini band or tied resistance band around your legs, just above your knees
- While keeping your feet together, lift your top leg and turn it outward as far as you can. Slowly return back to the starting position and repeat.

Double Band Hip External Rotations – 2 x 5 each side

Purpose: To improve hip stability and external rotation strength.

Instructions:

- Place 2 mini bands or tied resistance bands around your legs (1 just above your knees and 1 at your ankles)
- Stand on one leg and turn the other leg inward. Against the resistance of the bands, rotate your leg outward as much as you can, then slowly bring it back to the internally rotated position.

Side-to-Side Leg Swings – 2 x 10 each leg

Purpose: Working on active flexibility. To improve hip mobility and develop strength and control in split positions.

Instructions:

- Knees must be squeezed and toes must be pointed
- Turn out swinging leg at the top of the kick

Balance Training

2-Foot Stand – 1 minute eyes open & 1 minute eyes closed

- With both feet on the floor side by side, rise up onto the balls of your feet and hold
- Squeeze your ankles together and keep your knees straight

1-Foot Stand (Flat Foot) – 1 minute eyes open & 1 minute eyes closed on each foot

- Stand on one foot (keeping it flat on the floor) and hold the position
- Try your best to minimize ankle movement

1-Foot Stand (Ball of Foot) – 1 minute eyes open & 1 minute eyes closed on each foot

- Stand up on the ball of one foot and hold the position
- You may hold a steady object for a little bit of assistance, but try not to rely on it too much

Repeat all 3 exercises on a Bosu ball, wobble board, balance disc or pillow for added difficulty.

Balance Tips:

Stand tall, squeeze everything tight and aim to move the least amount possible.

Use your toes to balance by pressing them down and gripping the floor.

If you lose your balance before the 1 minute mark, make note of how much time had passed by then. Do multiple sets of a few seconds if needed, then add all the times together until it equals 1 minute/60 seconds.

Balance Training

Front Support Hold w/ Arm & Leg Lift – 10 seconds each way

- In a front support position, lift one arm off the ground, hold for 10 seconds, then bring it back down. Repeat with other arm, then with each leg. Next, lift off your right arm and left leg, hold for 10 seconds, then bring them back down. Repeat with left arm and right leg.



Side Support Hold w/ Arm & Leg Lift – 3 x 10 seconds each side

- In a side support position, reach your top arm and leg upward, hold for 10 seconds, then bring them back down. Perform 3x on one side, then repeat on the other side.



Balance Training

T-Stand – 10x each side

- Stand on one leg with your other knee up in front of you. Slowly lean forward, reaching your arms out and leg straight back to form a T shape. Hold momentarily, then slowly return to the starting position.
- Keep your bottom leg straight



Single-Leg Squats – 10x each side

- Stand on one leg with your other leg straight out in front of you. Slowly squat down as low as you can go, then stand back up.
- Keep your ankle and knee as still as possible while squatting
- Make sure your back stays straight and your knee bends forward/in line with your 2nd toe



Mobility

Self Myofascial Release – 30 seconds each side, each leg

Purpose: To help relieve tightness and soreness, increase range of motion, improve tissue elasticity and enhance blood flow to the area.

Instructions:

- Using a lacrosse ball or foam roller, roll out both your calves and the muscles on your shins
- Give extra attention to any knots or spots of tension

Ankle Circles – 20x each way

Purpose: To warm up the ankle joint and get it moving through its full range of motion.

Instructions:

- While sitting on the floor with your legs out in front of you, draw the biggest circles you can with your feet

Low Squat – 1 minute

Purpose: To improve dorsiflexion of the ankle.

Instructions:

- Stand with your feet together, then lower down into the lowest squat you can do. Keep your knees and ankles together.
- If you cannot get your heels flat on the floor, just hold the position and keep trying to push them down
- If your heels are flat on the floor comfortably, perform this stretch standing off the edge of a step (at the bottom of your staircase), a yoga block, or any platform slightly raised



Mobility

Wall Calf Stretch – 30 seconds each side

Purpose: To improve flexibility of the calf muscles.

Instructions:

- Stand facing a wall, with your arms out in front of you, palms touching the wall
- Stagger your feet and place your weight into your back foot, trying to push your heel down to the ground
- If you feel no stretch, move your feet further away from the wall
- If you feel too much stretch, bring your feet closer to the wall



Standing Toe Point Stretch – 10x each side, then 2 x 15 second hold each side

Purpose: To improve flexibility in the front of the ankle and top of the foot.

Instructions:

- Stand facing the wall, about 1 foot away. Place your hands on the wall for support.
- Point one foot all the way over so the top of your toes make contact with the floor. Hold for 1 second, then return foot to starting position.
- Repeat on other side, going back and forth until you perform 20 repetitions total (10 each side).
- Once 10 repetitions have been completed on each side, perform the same movement and hold for 15 seconds. Rise up onto your toes or take your other foot off the floor to place extra weight into the foot being stretched.

Mobility

Kneeling Toe Point Stretch – 3 x 15 seconds

Purpose: To improve flexibility in the front of the ankle and top of the foot.

Instructions:

- Kneel on the floor, keeping your feet and ankles together
- Place your hands on the floor in front of you and push them into the floor to lift your knees up. While keeping your feet together and knees up, push the front of your ankles down toward the floor until you feel a stretch.
- For a more difficult version, lean back and support your weight with your hands behind you, as shown in the photo



Strength

Ankle Exercises with Resistance Band – 20x each way, each foot

Purpose: To improve ankle and foot strength in all planes of motion.

Instructions:

- See videos:
 - Flex → Demi-Pointe
 - Demi-Pointe → Point
 - Flex → Demi-Pointe → Point
 - Flex → Point
 - Flex
 - Adduction
 - Abduction
 - Inversion
 - Eversion

Toe Scrunches with Resistance Band – 1 band length each foot

Purpose: To strengthen the foot muscles.

Instructions:

- Sit on the floor and lay a resistance band out in front of you
- Using one foot, grip the band with your toes and scrunch it in to pull it towards you. Repeat the scrunching until you reach the end of the band.

Strength

Standing Toe Scrunches – 50x

Purpose: To strengthen the foot muscles.

Instructions:

- Stand with your feet together, scrunch your toes in and inch yourself forward across the floor
- Avoid using your arms or hips to help push you forward

Calf Raises – 3 x 10 each way

Purpose: To strengthen the calf muscles and improve balance.

Instructions:

- Stand on the edge of a step. The balls of your feet should be on the step but your heels should be off.
- Let your heels drop below the level of the step, then push up onto the balls of your feet. Slowly lower back down and repeat.
- Perform 1 set in each position (feet forward, feet turned out and feet turned in), then repeat 2 more times

Toe Raises – 3 x 10

Purpose: To strengthen the shin muscles and improve balance.

Instructions:

- Stand on the edge of a step. The balls of your feet should be off the step but your heels should be on.
- Let your toes drop below the level of the step, then pull them up to flex your feet. Slowly lower back down and repeat.