

Splits Stretching Routine

Front and middle splits routine card. Warm up first, hold each stretch smoothly, tension not pain.

WARM UP: 5 MINUTES, EVERY SESSION

- ☐ **Brisk marching, jumping jacks or easy jog in place** 2 min
- ☐ **Leg swings front to back, then side to side (hold a wall)** 10 each, per leg
- ☐ **Slow squats, then walking lunges** 8 squats, 5 lunges per leg
- ☐ **Hip circles** 30 sec each way

FRONT SPLITS: 15 TO 20 MINUTES (RIGHT LEG, THEN LEFT; TIGHTER SIDE FIRST)

- ☐ **Low lunge, back knee down** 30 sec per side x 2
Pad the knee. Squeeze the back glute to open the hip flexor.
- ☐ **Half split** 30 sec per side x 2
Sit back over the back knee, front leg straight, toes up, back flat.
- ☐ **Couch stretch** 30 sec per side
Back shin up a wall or sofa. Lean the torso forward if it is intense.
- ☐ **Lizard lunge** 30 sec per side
Both hands inside the front foot, on blocks if needed.
- ☐ **Active hamstring lifts** 10 per side
On your back, lift a straight leg with no hands, lower over 3 seconds.
- ☐ **Supported front split on blocks** 30 to 45 sec per side x 2
Hips square. On the last round, note your block height.

MIDDLE SPLITS: 15 TO 20 MINUTES

- ☐ **Butterfly** 30 sec x 2
Soles together, fold forward with a long back.
- ☐ **Side lunge hold** 30 sec per side
One knee bent, the other leg straight to the side, toes up.
- ☐ **Frog stretch** 30 to 45 sec x 2
Knees wide, ankles in line with knees. Rock gently, never bounce.
- ☐ **Seated straddle fold (pancake)** 30 sec x 2
Sit on a folded towel if your lower back rounds.
- ☐ **Horse stance hold** 20 to 30 sec x 3
Wide squat, knees pushed out over toes. Strength work.
- ☐ **Supported middle split** 30 to 45 sec x 2
Face a wall or chair, forearms or hands on blocks.

YOUR WEEK

Mon, Wed, Fri: warm-up + front splits
Tue, Thu, Sat: warm-up + middle splits
Sun: off or a gentle full body stretch
Sore next morning? Cut depth by one block.

THE RULES

Stretch warm, never cold. No bouncing.
Aim for a 6 or 7 out of 10 stretch, never pain.
Keep both hip bones facing forward in front splits.
Sharp, pinching or joint pain: stop and check in.

Starting point (day 1): Front R _____ in Front L _____ in Middle _____ in Date _____

12-Week Splits Progress Log

Once a week, after a session: lowest height you can hold for 30 seconds with hips square and no pain.

YOUR BLOCK LADDER (STANDARD 4 X 6 X 9 INCH BLOCK)

13 in Flat block on a tall block	9 in One block, tall side	6 in One block, middle side	4 in One block, flat	1 to 2 in Folded towel	0 in Floor
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Between steps? Measure from the floor to the base of your hips with a tape measure and write the inches. Drop one step once a height feels easy for a full week.

Week	Date	Sessions this week	Front R (in)	Front L (in)	Middle (in)	Photo	Notes
1		☐ M ☐ T ☐ W ☐ T ☐ F ☐ S					
2		☐ M ☐ T ☐ W ☐ T ☐ F ☐ S				☐	
3		☐ M ☐ T ☐ W ☐ T ☐ F ☐ S					
4		☐ M ☐ T ☐ W ☐ T ☐ F ☐ S				☐	
5		☐ M ☐ T ☐ W ☐ T ☐ F ☐ S					
6		☐ M ☐ T ☐ W ☐ T ☐ F ☐ S				☐	
7		☐ M ☐ T ☐ W ☐ T ☐ F ☐ S					
8		☐ M ☐ T ☐ W ☐ T ☐ F ☐ S				☐	
9		☐ M ☐ T ☐ W ☐ T ☐ F ☐ S					
10		☐ M ☐ T ☐ W ☐ T ☐ F ☐ S				☐	
11		☐ M ☐ T ☐ W ☐ T ☐ F ☐ S					
12		☐ M ☐ T ☐ W ☐ T ☐ F ☐ S				☐	

Photo box appears every two weeks: same spot, same angle, side-on. Log both front split sides separately and always start with the tighter one. Past hip, hamstring or groin injury? Talk to your doctor or a physical therapist first.