

How to get your side splits!

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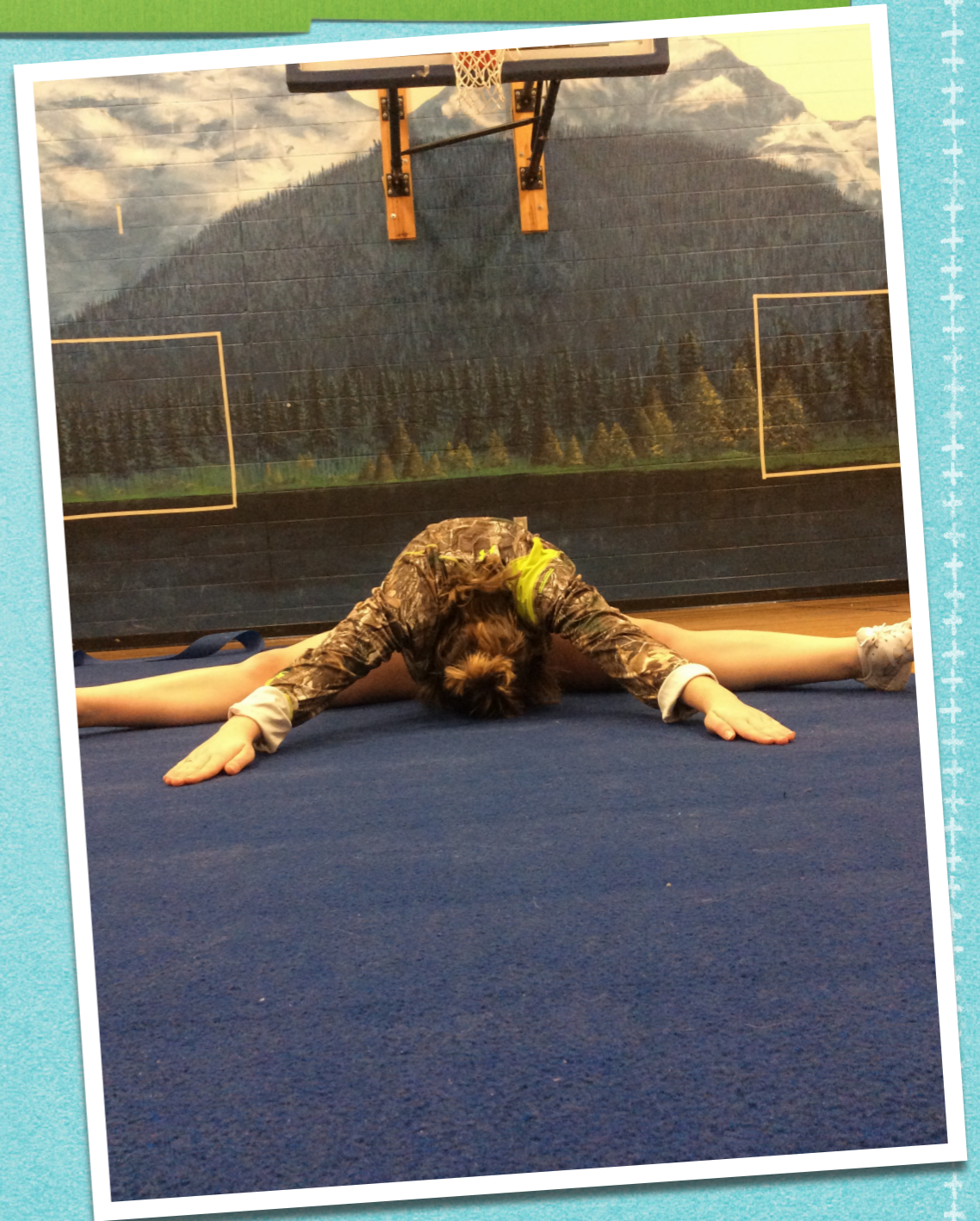
Step one!

- ▶ Always start by warming up, a quick jog in place or jumping jacks anything to get your muscles warm!
- ▶ You could pull a muscles and your stretching could be counter productive!



Step two!

- ▶ Sit in a straddle
- ▶ Lean to the right (nose to knee)
- ▶ Left (nose to knee)
- ▶ And center (chest to floor)
- ▶ Always point your toes for a stretch behind your calf as well
- ▶ Hold each for 45 second



Step three!

- ▶ Sit in a hurdle
- ▶ Right and then left position(nose to your knee)
- ▶ Hold for 30 seconds each



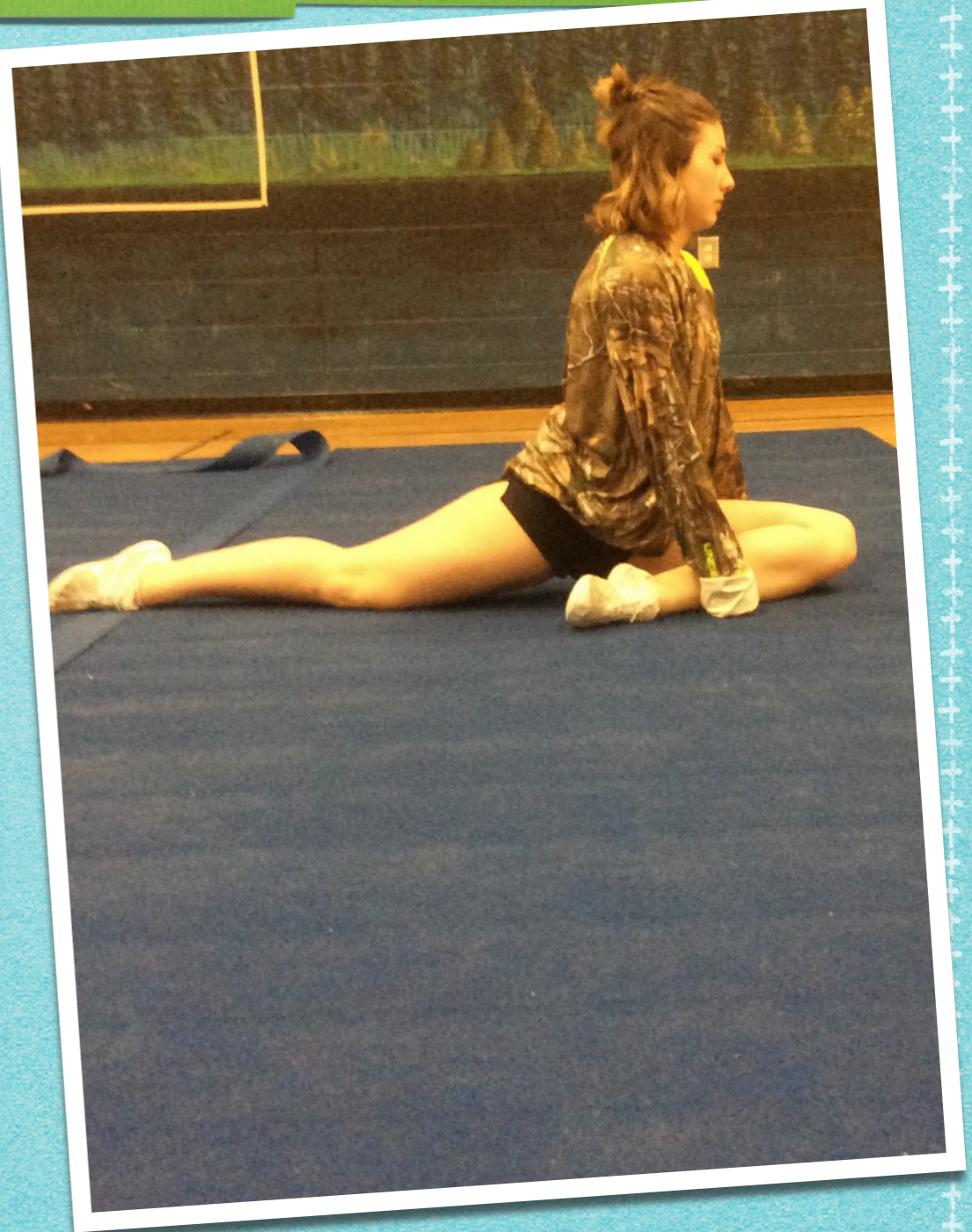
Step four!

- ▶ Bring your leg into the pocket of your thigh (nose to your knee)
- ▶ Right and left again
- ▶ Hold for 30 seconds each



Step five

- ▶ Kick the leg that was just tucked in all the way back so it's flesh with the ground and bed doing your other knee in
- ▶ Right and left
- ▶ Hold each for 45 seconds



Step five!

- ▶ Roll your front leg (the bent one out)
- ▶ You're in the splits!
- ▶ Right and left
- ▶ Hold for 46 seconds



*Keep
working
and
stretching
every day!*

**stop
wishing.
start
doing.**

calson