

| EXERCISE                                                                                                              | TIME/REPS           | EXAMPLE                                                                               |
|-----------------------------------------------------------------------------------------------------------------------|---------------------|---------------------------------------------------------------------------------------|
| PIKE FOLD - SIT IN A PIKE AND REACH FORWARDS TO TOUCH TOES - FINAL AIM TO GET CHEST TO TOUCH LEGS                     | 3 X 15 SEC          |    |
| STANDING PIKE FOLD - FINAL AIM IS TOP GET HANDS FLAT ON FLOOR BEHIND FEET                                             | 3 X 15 SECONDS      |    |
| HIP FLEXOR STRETCH                                                                                                    | 3 X 15 SEC EACH LEG |   |
| LEFT LEG SPLITS - SLIDE DOWN AS FAR AS YOU CAN KEEPING LEGS IN A STRAIGHT LINE (IF YOU CAN, TAKE HANDS OFF THE FLOOR) | 3 X 30 SECONDS      |  |

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| <p>RIGHT LEG SPLITS -<br/>SLIDE DOWN AS FAR AS<br/>YOU CAN KEEPING LEGS<br/>IN A STRAIGHT LINE (IF<br/>YOU CAN, TAKE HANDS<br/>OFF THE FLOOR)</p>                                                                                                                   | <p>3 X 30 SECONDS</p> |  |
| <p>BOX SPLITS - STAND IN A<br/>STAR AND PLACE HANDS<br/>ON FLOOR BETWEEN<br/>FEET - SLIDE FEET AS<br/>FAR OUT TO THE SIDE AS<br/>YOU CAN ONCE AS LOW<br/>AS YOU CAN GO PUT<br/>ELBOWS OR CHEST ON<br/>FLOOR - KEEP BOTTOM<br/>AND FEET IN LINE AT ALL<br/>TIMES</p> | <p>2 X 1 MINUTE</p>   |  |