

SPLITS IN ALL 3 DIRECTIONS

SMR

1

2* 30 second Hamstring
2* 30 second Quads
2* 30 second Inner thighs

STRENGTH

2

2* 10 Split pulls hanging from the bar
2* 10 Split pulls right and left hanging
from the p-bars
2* 10 Split pulls on spine corrector

STRETCHES

3

1-minute Wall splits each direction
3-minute Wall middles

Amazing Awaits

