









ACTIVE LEG FLEXIBILITY

REPS	EXERCISE	TECHNIQUE
10	FRONT KICKS LYING DOWN – EACH LEG	Lie on back, ensure whole body remains against ground, only thing moving should be kicking leg (straight, pointed toes), if other leg is lifting go slightly lower
10	SIDE KICKS LYING DOWN	Lie on side, head resting on arm, kick leg (straight, toes pointed) towards shoulder, keep body straight and stay on side, try not to pike or roll towards back/front,
10	KNEELING BACK KICKS	On hands and knees, straighten one leg behind, kick it up and down (straight leg, toe pointed), ensure knee facing the floor, kick in line with hips, don't let back arch
10	NEEDLE KICKS	Stand with hands next to feet on floor, kick leg behind aiming to show split position, ensure both legs straight, toe pointed, knee facing floor, kick in line with hips
10	STANDING KICKS – ALL DIRECTIONS	Stand up and hold on to wall, chair etc for balance, do not let trunk move, do not go on tip toe, controlled kick, straight leg, toe pointed, good posture, arm out to side Forward kicks – knee facing ceiling Side kicks – aim for behind arm, knee facing ceiling Back kicks – knee facing floor, keep chest up
10	STANDING KICKS – ALL DIRECTIONS WITH RESISTANCE BAND	As per previous exercise, tying a resistance band to both ankles to further improve strength and flexibility.

FRONT SPLITS

IMAGE	EXERCISE	TECHNIQUE
	LUNGE	Feet in line. Back leg straight. Front knee directly over ankle and not leaning over toes. Hips square and not twisted.
	QUAD STRETCH	Front foot and knee in line. Opposite arm to back leg to prevent twisting.
	HAMSTRING STRETCH	Front and back leg in line. Front leg straight with knee facing ceiling. Hips square are not twisted.
	HALF SPLIT	Hips square, back leg tucked under and not twisted. Knee facing the floor.
30 seconds	FULL SPLITS	Legs in straight line, back knee tucked under and front knee facing ceiling. On front foot, big toe not near floor to prevent twisting. Hips square. If down have arms up off the floor.
Challenge	OVER SPLITS	If your gymnast is comfortably flat in splits. Raise the front leg onto an object (book, pillow etc) for extra stretch.

SIDE SPLITS

IMAGE	EXERCISE	TECHNIQUE
	BUTTERFLY STRETCH	Sit with feet together. Aim to push knees down to floor. Bring feet in as close as possible. For extra stretch you can try to get chest down to feet.
	FROG STRETCH	Knees and hips in line. If close to the floor put chest down, if not rest on elbows.
	HALF SPLIT	Start in the same position as Frog stretch. Straighten out one leg ensuring it stays in line with other knee and hip. Repeat for both sides.
	WALL SPLIT	This helps to ensure they are keeping legs and hips in line. Make sure legs are straight, toes pointed and can use their hands to try to push their legs down lower.
	JAPANA STRETCH	Sit in straddle, legs straight, knees facing ceiling and feet pointed. Fold down aiming to get chest flat to floor. DO NOT let legs roll in, big toes should not touch the floor.
30 seconds	FULL SIDE SPLIT	Start in star shape, place hands down and slowly slide down in a straight line. Can be done with back to a wall to ensure alignment. Place elbows on the floor if needed but aim for chest down.
Challenge	OVER SPLIT	If your gymnast is comfortably flat in splits. Raise one leg onto an object (book, pillow etc) for extra stretch. Repeat on both legs for same amount of time.

