

# Gymnastics Progression: Front Splits

*You may have to try this step many times before you gain the required flexibility to do the splits.*



(1) Crouch like a runner in starting position: one leg in front bent 90 degrees, the other leg is back extended.

(2) Keep your back straight and lower your chest to your front knee. Hold for a slow count of 20.

(3) Sit up and bring your rear knee to the floor. Now straighten your front leg and hold this position for a slow count of 20.

(4) Lower your chest to your front knee and hold.

(5) Sit up and work your front leg closer to the floor while keeping the back leg on the ground.

