SPLITS

GOOD = 3 DAYS/WK | BETTER = 5 DAYS/WK | BEST = 7 DAYS/WK

	REPS/TIME	SETS	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
FORWARD FOLD WITH CLASPED HANDS	30+ SECONDS	3	♡	♡	♡	♡	♡	♡	♡
PIGEON STRETCH (RIGHT SIDE)	30+ SECONDS	3	♡	♡	♡	♡	♡	♡	♡
PIGEON STRETCH (LEFT SIDE)	30+ SECONDS	3	♡	♡	♡	♡	♡	♡	♡
HALF SPLITS (RIGHT SIDE)	30+ SECONDS	3	♡	♡	♡	♡	♡	♡	♡
HALF SPLITS (LEFT SIDE)	30+ SECONDS	3	♡	♡	♡	♡	♡	♡	♡
LOW LUNGE (RIGHT SIDE)	30+ SECONDS	3	♡	♡	♡	♡	♡	♡	♡
LOW LUNGE (LEFT SIDE)	30+ SECONDS	3	♡	♡	♡	♡	♡	♡	♡
SPLITS WALL STRETCH (MIDDLE)	1 MINUTE	3	♡	♡	♡	♡	♡	♡	♡
SPLITS (RIGHT SIDE)	1 MINUTE	2	♡	♡	♡	♡	♡	♡	♡
SPLITS (LEFT SIDE)	1 MINUTE	2	♡	♡	♡	♡	♡	♡	♡
SPLITS (MIDDLE)	1 MINUTE	2	♡	♡	♡	♡	♡	♡	♡