

MOBILITY_POSTERIOR-CHAIN:

FRONT SPLITS ON BLANKETS



Setup

- Kneel on a blanket on a smooth floor beside a bench. (Can use carpet slider or smooth cardboard on carpet)
- Place the opposite heel on another sliding surface.
- Let the knee bend slightly.

Action

- Slide forward until you feel a stretch and relax into it.

Focus

- This exercise lengthens the hamstrings and fascia and to some extent the sciatic nerve. Relaxing in this position teaches your nervous system to tolerate a greater range of motion.

Dose

- 1-3x/day 3(30)sec per side



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