



# Flexy Miss Fits

# Splits Mobility

## Sample Workout

Welcome! I'm so excited for you to try out my Splits Mobility program. This is an example workout that I provide for my students as part of the program that has helped them increase flexibility in their hamstrings, improve mobility in their hips and get deeper, stronger splits!

### Here is all of the info you'll need to get started with the program:

- I do not include a warm up for this workout. Make sure you spend 10-15 minutes warming up your joints to get the most out of this workout and to make sure you are practicing safely.
- Do the workout provided 1-3 times per week and you'll start to see progress in your splits in no time!
- Make sure you wiggle and rest between exercises. Give your body a few moments to reset.
- **If you're interested in learning more about the full Splits Mobility program, reach out to me at [sofia@flexywithfia.com](mailto:sofia@flexywithfia.com)**

### Some additional notes:

- I recommend a certain amount of reps and sets for each exercise. These are not written in stone. Do the amount that feels good on your body.
- You will likely experience muscular soreness & possibly some cramping. These are normal. Sharp pains are not. Please do not push yourself to pain.
- Be sure to take progress pics. I also love seeing my students progress pics so please send them or post and tag [@flexywithfia](https://www.instagram.com/flexywithfia) and [#FlexyMissFitsProgress](https://www.instagram.com/FlexyMissFitsProgress)
- This is not medical advice, if something hurts or you aren't completely sure you can do it, please see a medical professional. You participate in this program at your own risk.

### EQUIPMENT RECOMENDATIONS

- ✓ elevated surface (couch/table)
- ✓ Weights (optional)



# Splits Workout

**Don't rush. Slow down your movement and pause at the top for a strong contraction.** Do this session 1-3 times this week.

\*Click on the titles of the exercises to view demonstrations. Purpose and important things to remember are listed below.

## 1. NERVE GLIDES

12 to 15 reps on each leg x 2 sets

**Purpose:** Reduce the nerve tension behind the knee when stretching the hamstring

### Form Checklist:

- Back is flat, no gap between lumbar and floor
- Only the hip leads the movement, back remains stationary
- Stop straightening the leg as soon as you feel a stretch

## 2. HIP FLEXION PAILS & RAILS

2 minute hold, 4-6 PAILS and RAILS on each side

**Purpose:** The hold helps deepens the stretch so you are at your true end range of hip flexion. PAILS increase isometric strength of the hamstrings while they are being stretched. RAILS increase isometric strength of the opposite muscles (hip flexors) to try to achieve a new end range

### Form Checklist:

- Back is flat, no gap between lumbar and floor
- Only the hip leads the movement, back remains stationary
- Legs are straight
- The leg should be staying in roughly the same spot the whole time. These are just isometric contractions

## 3. SUPINE KICKS + PULSES

10 to 15 kicks, 10 pulses, 10 second isometric hold x 2 sets each leg (1 toes pointed, 1 flexed)

**Purpose:** Build strength and control in the hip flexors through your full active range

### Form Checklist:

- Back is flat, no gap between lumbar and floor
- Only the hip leads the movement, back remains stationary
- Legs are straight
- Should feel a really strong contraction in the hip flexor

## 4. ELEVATED HAMSTRING BOWS

10 to 12 on each leg, pause at the bottom of each x 2-3 sets

**Purpose:** Building strength and stability in the hamstrings and glutes while stretched

### Form Checklist:

- Hips are level, and facing forward. No tilting, arching, twisting
- Legs are straight
- Back remains flat and you fold down

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## 5. TABLE TOP KICKS

12 to 15 reps on each leg x 2 to 3 sets

**Purpose:** Improve strength and control for back leg in active splits

### Form Checklist:

- Shoulders are over wrists, hips are over knees
- Core is engaged and your torso does not move as the leg lifts
- You should have a flat back the entire time.
- Hips are level, and facing the floor. No tilting, arching, twisting
- Leg reaches back as it lifts

## 8. LAZY SPLIT - STRONG HOLD

2 to 3 for 30 to 60 seconds on each leg, lower each round

**Purpose:** Building stability and strength for splits, increasing the range where you feel really strong

### Form Checklist:

- Legs are in line with their respective hip
- Actively squeeze the back glute and think about pulling the legs towards each other (but don't actually move)
- Keep the hips square
- Keep the torso tall and engage your core to avoid arching
- Go slightly lower for each rep

**And Now  
Split!  
Click Me!**