



SPLIT FLEXIBILITY

Split flexibility is important in gymnastics to ensure gymnasts have the right range of motion to perform skills safely and to requirements set out by the National Organisation (eg. Gymnastics Australia).

Gymnasts lose deductions based on lack of split, bent knees, incorrect form etc, so having flexible, square split skills is vital.

Below is a common split flexibility circuit I use with gymnasts that takes less than 30mins and requires only a very small amount of area/equipment.

SPLIT FLEXIBILITY CIRCUIT

CREATE STATIONS → KIDS WORK IN PARTNERS → 2 MINS EACH STATION (unless specified differently)

Station 1 & 2 : Kneeling Hip Flexor Stretch (each leg = 1 station)

- Hips square and dropped to floor in lunge position
- Shoulders and chest up tall
- Hands behind hips



Station 3 & 4: Standing Hamstring Stretch (each leg = 1 station)

- Forward leg raised hip height
- Square hips
- Lean forward



Station 5 & 6: Seated Calf/Hamstring Stretch (each leg = 1 station)

- Wrap elastic around foot and pull back



Station 7 & 8: Over-split (each leg = 1 station)

- Raise leg onto box or crashmat
- 1 min normal
- 30sec hands forward on box/crashmat
- 30sec hands raised (not to touch the floor)



Station 9: Middle Splits against wall

- Lay flat on back



Station 10 & 11: Laying Quad Stretch

- Lay flat on stomach
- Pull back leg to bottom and hold

This circuit should take 25mins to complete.