FREE GUIDE · MISSION STRETCHING

The 10-Minute Daily Splits Routine

A simple, safe routine for young dancers, gymnasts and cheerleaders. Do it 4 to 5 days a week and watch your split get deeper, one photo at a time.



Mission Stretching

Coached by Angelina, former Ukrainian National Team gymnast

missionstretching.com

BEFORE YOU START

Four rules for safe stretching

Always warm up
Two minutes of movement first. Warm muscles stretch further and more safely.

Strong feeling, not pain
You should be able to breathe calmly and talk. Sharp or pinching pain means stop.

No bouncing, no pushing
Ease in slowly. Never let anyone push you deeper into a stretch.

Square hips
Hips facing forward in every split. A square split a few inches up beats a twisted one on the floor.

THE ROUTINE

10 minutes, start to finish

1 **Warm-up** — 2 min
Jumping jacks, skips in place and 10 easy leg swings forward and back on each leg.

2 **Low lunge** — 30 s each side
Back knee down, front knee over the ankle, hips square. Gently press the hips forward and down.

3 **Half split** — 30 s each side
Shift back, straighten the front leg and flex the foot. Hinge forward with a long, flat back.

4 **Assisted front split** — 45 s each side
Yoga blocks under your hands. Slide the front heel forward and lower only as far as feels strong.

5 **Straddle fold** — 45 s
Sit with legs wide, knees and toes pointing up. Walk the hands forward with a long back.

6 **Active leg lifts** — 1 min each side
Stand next to a wall or counter. Lift a straight leg forward with control and hold for 2 seconds. Repeat 8 times.

TRACK YOUR PROGRESS

Take a photo every two weeks

Progress is easier to see in photos than in the mirror. Use the same spot, angle and time of day. Measure how many inches your hips are from the floor in your front split.

DATE	RIGHT SPLIT (IN. FROM FLOOR)	LEFT SPLIT (IN. FROM FLOOR)	MIDDLE SPLIT	NOTES
Week 0				
Week 2				
Week 4				
Week 6				
Week 8				
Week 10				
Week 12				

This guide is general education, not medical advice. Check with your pediatrician or a physical therapist before starting if your child has hypermobility, a past injury, back pain or a joint condition. Stop if anything hurts.

Want a plan made just for your athlete?

Private classes with Angelina, in-home across San Diego County or live online anywhere in the US.

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