

# STRETCH COURSES

The Stretch Courses develop Front Split, Middle Split, Thoracic Bridge, Pancake, Pike, Shoulder Flexion and Shoulder Extension.



## Front Split Series

The following stretch series should be performed in the given order once per week.

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There are **24** Front Split Elements



## Middle Split Series

The following stretch series should be performed in the given order once per week.

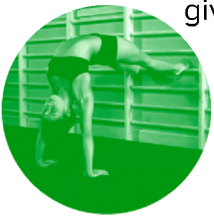
There are **26** Middle Split Elements



## Thoracic Bridge Series

The following stretch series should be performed in the

given order once per week.



There are **24** Thoracic Bridge Elements





# STRETCH COURSES

The Stretch Courses develop Front Split, Middle Split, Thoracic Bridge, Pancake, Pike, Shoulder Flexion and Shoulder Extension.



Quick Look



## 60r Calf Straight

### Focus Points

- 1) Keep your weight centered on the ball of your foot during the calf raises
- 2) If centered correctly, you should be able to lift your little toe off the ground

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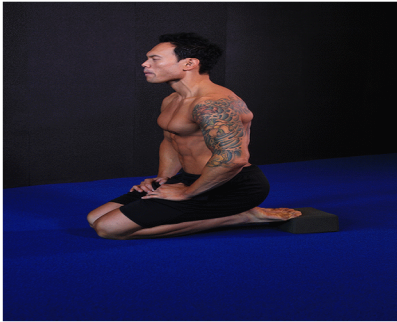
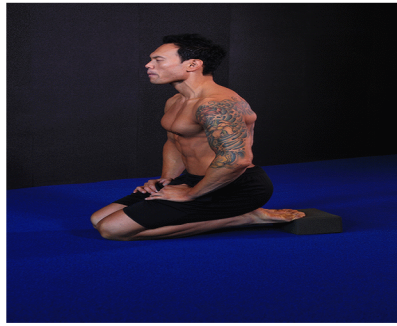
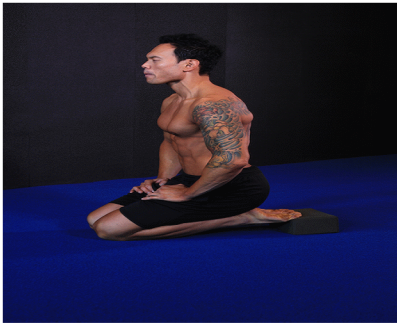


# STRETCH COURSES

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Quick Look



## 120s Elevated Seiza

### Focus Points

- 1) Any elevated surface will do; for example a rolled up bath towel
- 2) The ankles must be completely extended before beginning to time the set

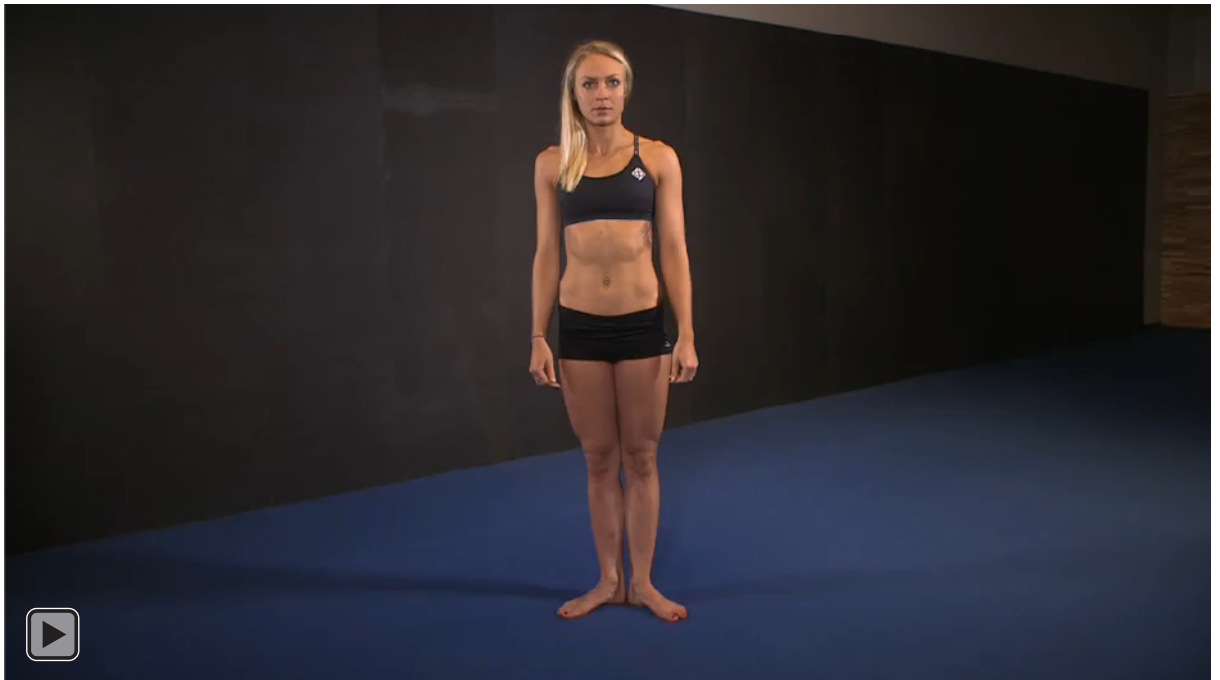
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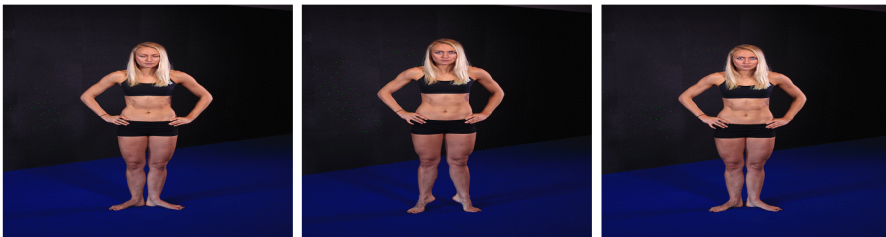


# STRETCH COURSES

The Stretch Courses develop Front Split, Middle Split, Thoracic Bridge, Pancake, Pike, Shoulder Flexion and Shoulder Extension.



## Quick Look



## 60r Calf Outward

### Focus Points

- 1) Turn the toes outward as much as you are comfortable
- 2) Keep the knees locked at all times

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# STRETCH COURSES

The Stretch Courses develop Front Split, Middle Split, Thoracic Bridge, Pancake, Pike, Shoulder Flexion and Shoulder Extension.



Quick Look



## 120s Squatted Seiza

### Focus Points

- 1) Feel the front of the ankles pressing forward for the duration of the set
- 2) The higher the knees the greater the intensity of the stretch

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# STRETCH COURSES

The Stretch Courses develop Front Split, Middle Split, Thoracic Bridge, Pancake, Pike, Shoulder Flexion and Shoulder Extension.



Quick Look



## 60r calf inward

### Focus Points

- 1) Keep the toes together, turn the heels outward as far as possible
- 2) Keep the heels wide at all times; note that they will have a tendency to drift inward during the set if you allow it

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# STRETCH COURSES

The Stretch Courses develop Front Split, Middle Split, Thoracic Bridge, Pancake, Pike, Shoulder Flexion and Shoulder Extension.



Quick Look



## 120s Curled Seiza

### Focus Points

- 1) Curl the toes under the foot as much as possible; bend those toes!
- 2) Leaning forward will help to decrease the intensity of the set if necessary; especially initially

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# STRETCH COURSES

The Stretch Courses develop Front Split, Middle Split, Thoracic Bridge, Pancake, Pike, Shoulder Flexion and Shoulder Extension.



Quick Look



## 10r 2 Pike 2 Squat

### Focus Points

- 1) Bend the knees fully upon entry into each squat
- 2) The knees should be completely locked during the pike bounces

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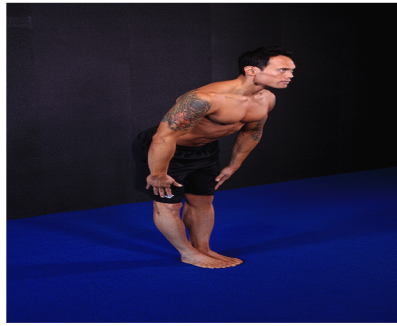
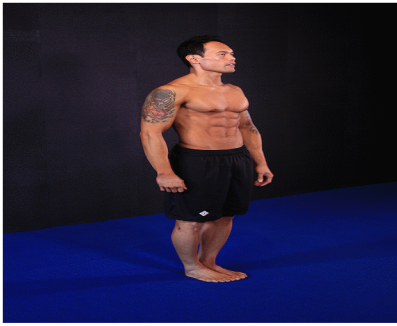


# STRETCH COURSES

The Stretch Courses develop Front Split, Middle Split, Thoracic Bridge, Pancake, Pike, Shoulder Flexion and Shoulder Extension.



Quick Look



## 120s Standing Pike

### Focus Points

- 1) Allow the torso to hang freely during the pike
- 2) Cross the arms at the elbow if your pike is sufficiently deep to warrant it

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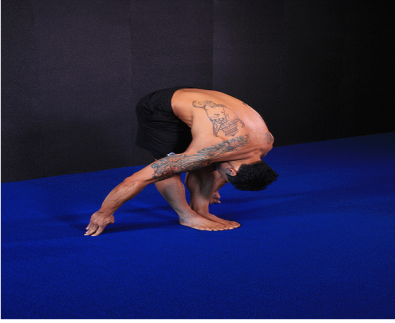
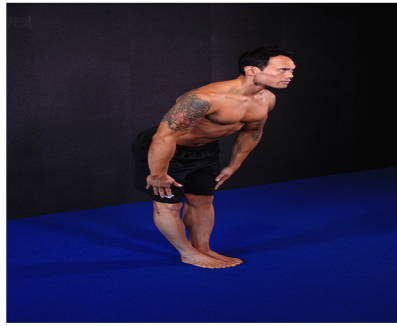
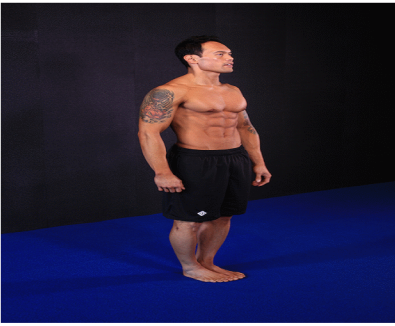


# STRETCH COURSES

The Stretch Courses develop Front Split, Middle Split, Thoracic Bridge, Pancake, Pike, Shoulder Flexion and Shoulder Extension.



Quick Look



## 10r 2 Pike 2 Squat

### Focus Points

- 1) Pull the chest deeply to the knees during the pike bounces
- 2) Press the heels as deeply as possible to the floor during the squat bounces

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# STRETCH COURSES

The Stretch Courses develop Front Split, Middle Split, Thoracic Bridge, Pancake, Pike, Shoulder Flexion and Shoulder Extension.



Quick Look



## 90s Kneeling Achilles R

### Focus Points

- 1) The rear knee should be pulled out to the side to remove any hip flexor stretch
- 2) The heel, toe and knee of the front leg should all create a single forward line

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# STRETCH COURSES

The Stretch Courses develop Front Split, Middle Split, Thoracic Bridge, Pancake, Pike, Shoulder Flexion and Shoulder Extension.



Quick Look



## 90s Kneeling Achilles L

### Focus Points

- 1) Lean forward strongly, creating as much flexion in the front ankle as possible
- 2) Keep the heel of the front foot pressed firmly into the ground

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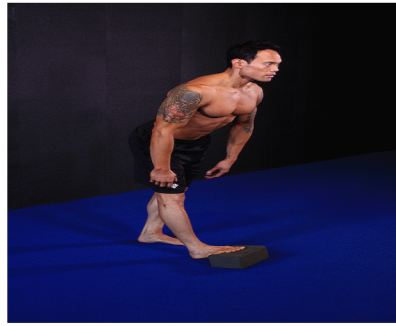
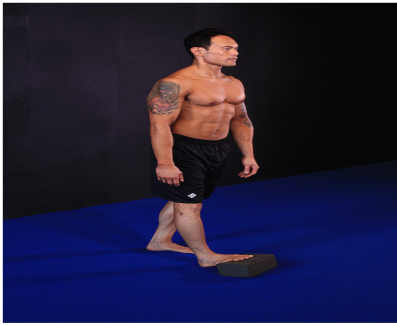


# STRETCH COURSES

The Stretch Courses develop Front Split, Middle Split, Thoracic Bridge, Pancake, Pike, Shoulder Flexion and Shoulder Extension.



Quick Look



## 90s Standing Achilles on Block R

### Focus Points

- 1) Use a stretch block or other stable surface to elevate the front of the foot
- 2) Keep the heel pressed down at all times

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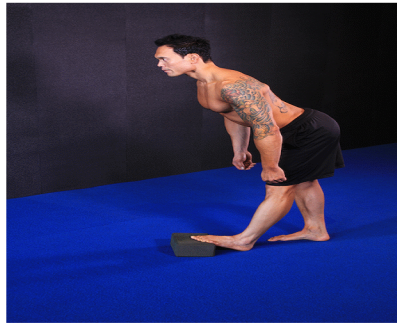
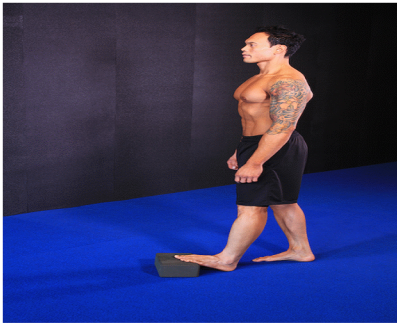


# STRETCH COURSES

The Stretch Courses develop Front Split, Middle Split, Thoracic Bridge, Pancake, Pike, Shoulder Flexion and Shoulder Extension.



Quick Look



## 90s Standing Achilles on Block L

### Focus Points

1) You may find that placing both hands just above the front knee and gently pressing backward will greatly increase the intensity of your stretch

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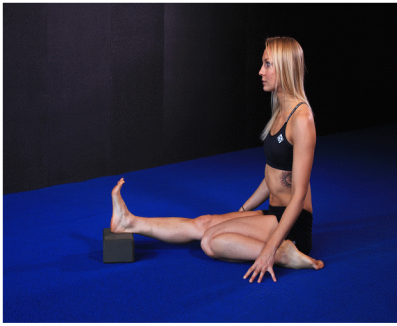


# STRETCH COURSES

The Stretch Courses develop Front Split, Middle Split, Thoracic Bridge, Pancake, Pike, Shoulder Flexion and Shoulder Extension.



Quick Look



## 90s Narrow Hurdler Block R

### Focus Points

- 1) If you are particularly tight, you may find it helpful to sit the right glute up on a pillow or stretch block
- 2) Keep the knee of the bent leg pressed firmly into the knee of the straight leg for this variation

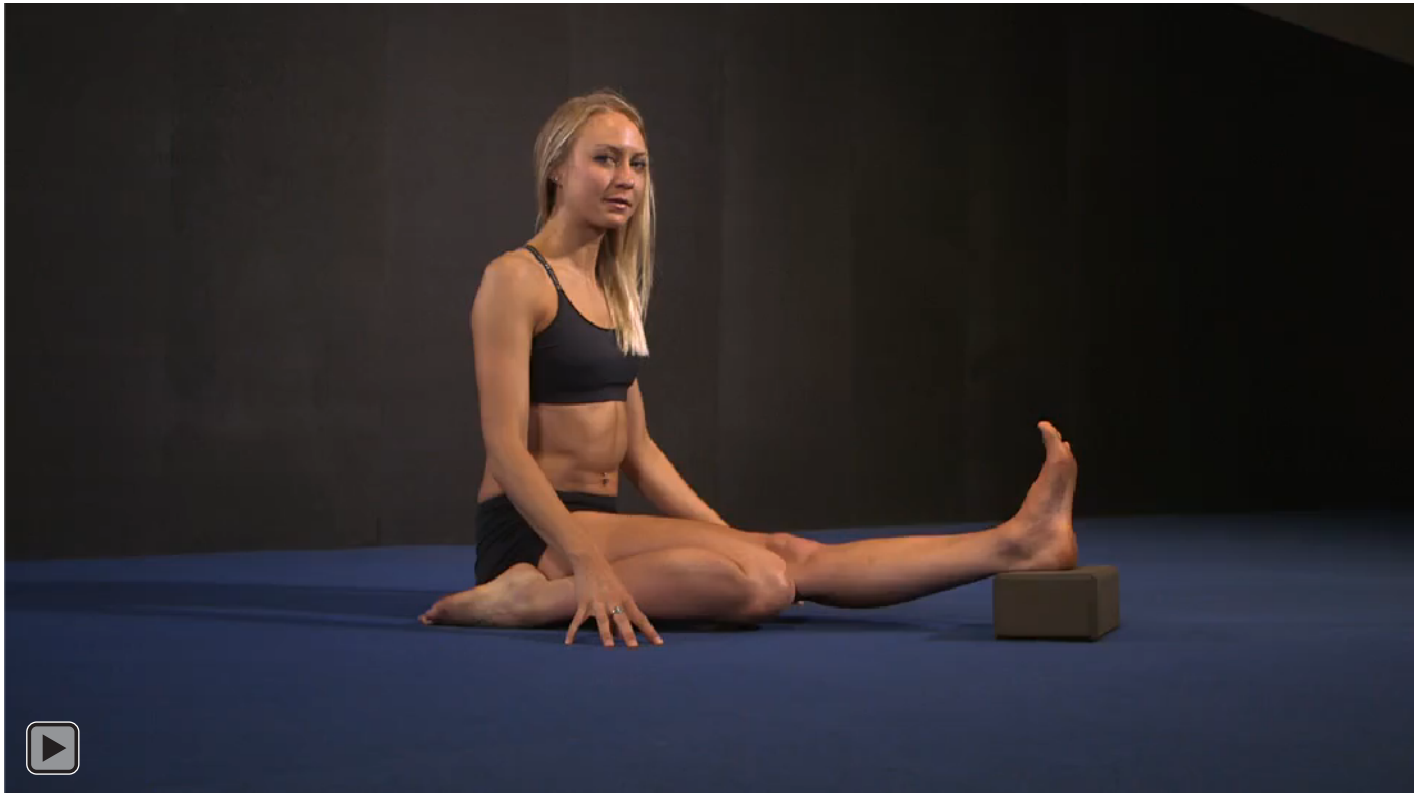
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# STRETCH COURSES

The Stretch Courses develop Front Split, Middle Split, Thoracic Bridge, Pancake, Pike, Shoulder Flexion and Shoulder Extension.



Quick Look



## 90s Narrow Hurdler Block L

### Focus Points

1) A stretch strap wrapped around the front foot works wonders to accelerate your progress

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# STRETCH COURSES

The Stretch Courses develop Front Split, Middle Split, Thoracic Bridge, Pancake, Pike, Shoulder Flexion and Shoulder Extension.



Quick Look



## 90s Wide Hurdler Block R

### Focus Points

- 1) Pull the bent knee as far to the rear as possible
- 2) While doing so, keep the foot pulled tight into the glutes

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# STRETCH COURSES

The Stretch Courses develop Front Split, Middle Split, Thoracic Bridge, Pancake, Pike, Shoulder Flexion and Shoulder Extension.



Quick Look



## 90s Wide Hurdler Block L

### Focus Points

- 1) Do not simply hunch over, stretch the chin forward toward the toes

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# STRETCH COURSES

The Stretch Courses develop Front Split, Middle Split, Thoracic Bridge, Pancake, Pike, Shoulder Flexion and Shoulder Extension.



Quick Look



## 90s Standing Single Pike R

### Focus Points

- 1) Place the shin of the bent leg vertically on the wall
- 2) This is a very intense stretch, feel free to place your hands on top of two stretch blocks as necessary to decrease the intensity to a manageable level

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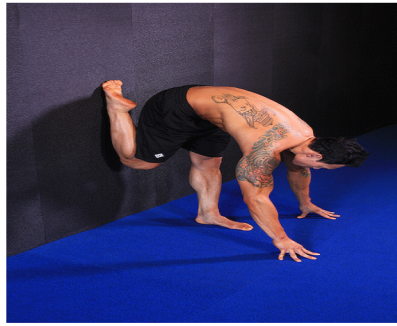
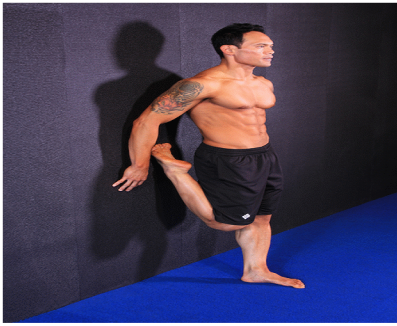


# STRETCH COURSES

The Stretch Courses develop Front Split, Middle Split, Thoracic Bridge, Pancake, Pike, Shoulder Flexion and Shoulder Extension.



Quick Look



## 90s Standing Single Pike L

### Focus Points

- 1) Keep the standing leg completely straight

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# STRETCH COURSES

The Stretch Courses develop Front Split, Middle Split, Thoracic Bridge, Pancake, Pike, Shoulder Flexion and Shoulder Extension.



Quick Look



## 90s Vertical Lunge Bent R

### Focus Points

- 1) Keep the rear knee and shin pressed firmly into the wall
- 2) Performed perfectly, the rear quad should be completely flat on the ground at the deepest point of this stretch

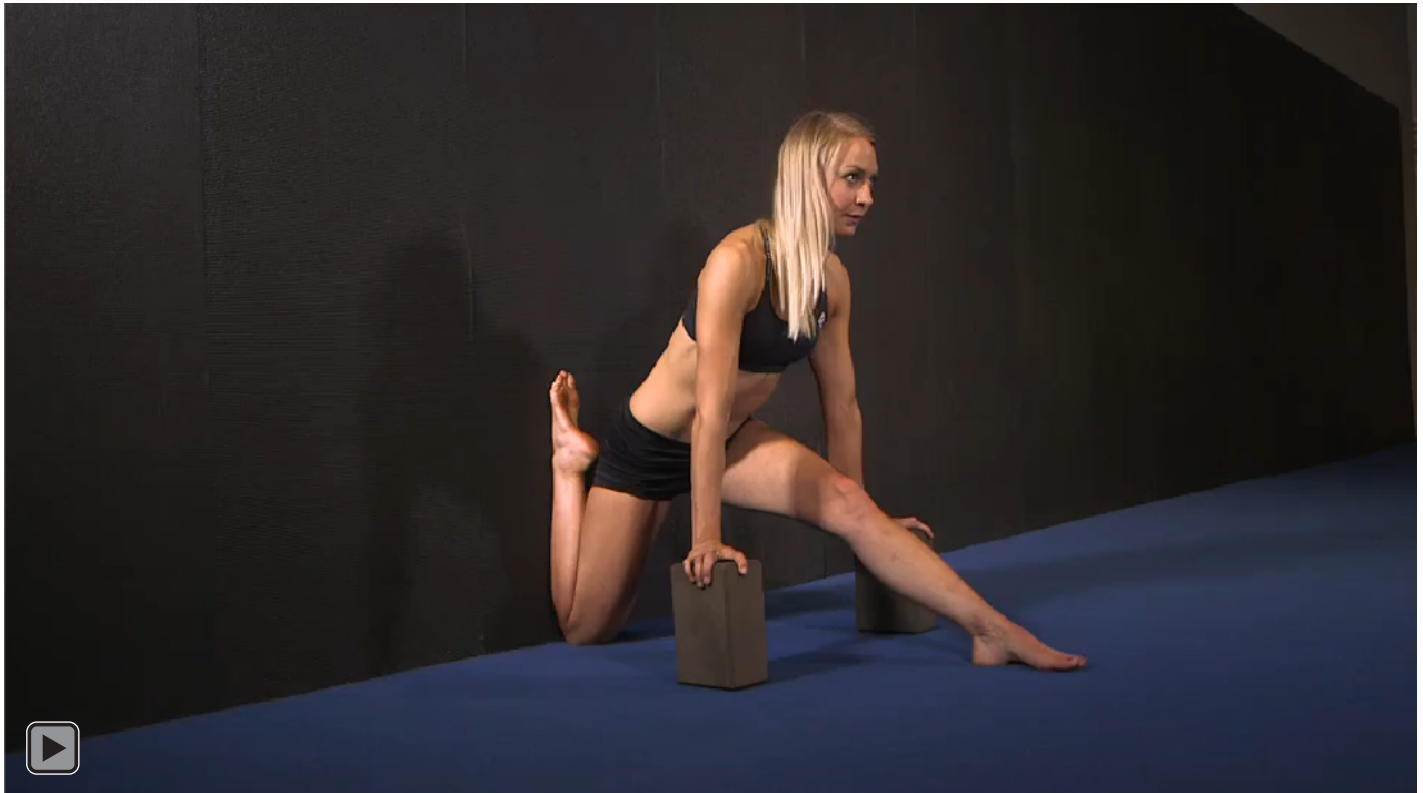
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# STRETCH COURSES

The Stretch Courses develop Front Split, Middle Split, Thoracic Bridge, Pancake, Pike, Shoulder Flexion and Shoulder Extension.



Quick Look



## 90s Vertical Lunge Bent L

### Focus Points

1) If you are not feeling this stretch in the rear hip flexor and quad, taking the arch out of your lower back with anterior pelvic tilt (APT) will greatly increase this stretch's effectiveness

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# STRETCH COURSES

The Stretch Courses develop Front Split, Middle Split, Thoracic Bridge, Pancake, Pike, Shoulder Flexion and Shoulder Extension.



Quick Look



## 90s Vertical Lunge Straight R

### Focus Points

- 1) Use stretch blocks as necessary to control the depth of this stretch

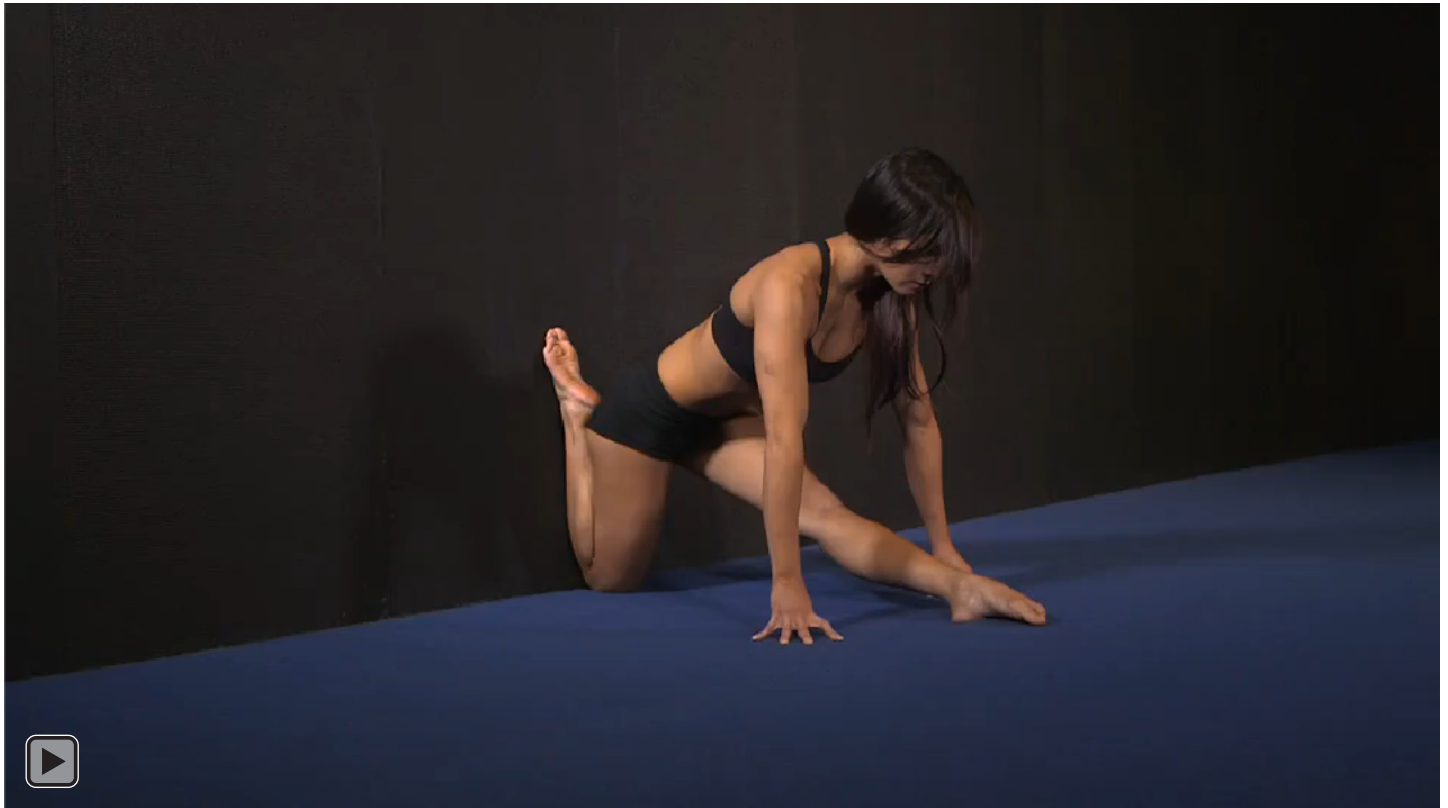
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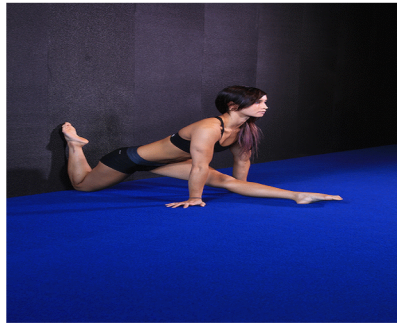


# STRETCH COURSES

The Stretch Courses develop Front Split, Middle Split, Thoracic Bridge, Pancake, Pike, Shoulder Flexion and Shoulder Extension.



Quick Look



## 90s Vertical Lunge Straight L

### Focus Points

- 1) Do not settle for having the front leg straight, get that rear quad down flat on the ground

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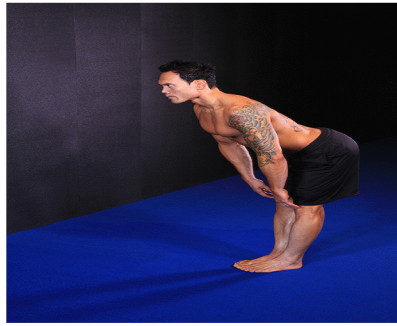


# STRETCH COURSES

The Stretch Courses develop Front Split, Middle Split, Thoracic Bridge, Pancake, Pike, Shoulder Flexion and Shoulder Extension.



Quick Look



## 120s standing pike

### Focus Points

- 1) Use stretch blocks as necessary to control the intensity and depth of this stretch
- 2) If the chest is not on the knees, the pike still has room for improvement

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# STRETCH COURSES

The Stretch Courses develop Front Split, Middle Split, Thoracic Bridge, Pancake, Pike, Shoulder Flexion and Shoulder Extension.



## Front Split Series

The following stretch series should be performed in the given order once per week.

There are **24** Front Split Elements



## Middle Split Series

The following stretch series should be performed in the given order once per week.

[MSs/SE1 \(../MSs-se1\)](#)

[MSs/SE2 \(../MSs-se2\)](#)

[MSs/SE3 \(../MSs-se3\)](#)

[MSs/SE4 \(../MSs-se4\)](#)

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There are **26** Middle Split Elements





# STRETCH COURSES

The Stretch Courses develop Front Split, Middle Split, Thoracic Bridge, Pancake, Pike, Shoulder Flexion and Shoulder Extension.



Quick Look



## 10r Side to Side Squat (STS)

### Focus Points

- 1) Keep the hips as low as possible while moving from side to side

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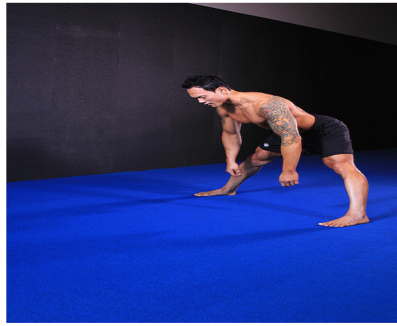
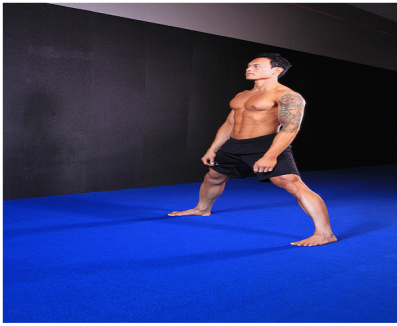


# STRETCH COURSES

The Stretch Courses develop Front Split, Middle Split, Thoracic Bridge, Pancake, Pike, Shoulder Flexion and Shoulder Extension.



Quick Look



## 120s Standing Pancake

### Focus Points

- 1) Fold the elbows and allow the torso to hang freely
- 2) The toes should be pointed directly forward, not partially turned out to the side. This increases the stretch on the adductors

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# STRETCH COURSES

The Stretch Courses develop Front Split, Middle Split, Thoracic Bridge, Pancake, Pike, Shoulder Flexion and Shoulder Extension.



Quick Look



## 10r Side to Side squat (STS)

### Focus Points

- 1) Be sure to completely straighten and extend the non-working leg on each repetition

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# STRETCH COURSES

The Stretch Courses develop Front Split, Middle Split, Thoracic Bridge, Pancake, Pike, Shoulder Flexion and Shoulder Extension.



Quick Look



## 90s Vertical Frog R

### Focus Points

- 1) Keep the working heel flat
- 2) Do not allow the working knee to fall forward, keep it pulled back and to the side

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# STRETCH COURSES

The Stretch Courses develop Front Split, Middle Split, Thoracic Bridge, Pancake, Pike, Shoulder Flexion and Shoulder Extension.



Quick Look



## 90s Vertical Frog L

### Focus Points

- 1) If your flexibility allows, slide your hips away from your working leg until the shin is vertical

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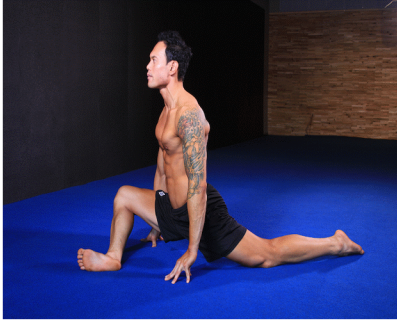


# STRETCH COURSES

The Stretch Courses develop Front Split, Middle Split, Thoracic Bridge, Pancake, Pike, Shoulder Flexion and Shoulder Extension.



Quick Look



## 90s Piriformis R

### Focus Points

- 1) Make sure that the rear leg is completely turned under
- 2) If you are extremely tight, you may find it helpful to reduce the range of motion by sitting the glute of the stretching leg up on a stretch block.

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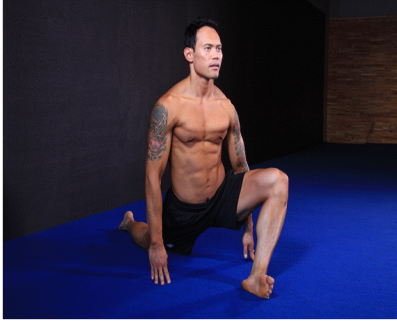
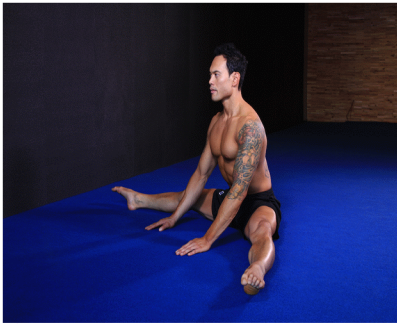


# STRETCH COURSES

The Stretch Courses develop Front Split, Middle Split, Thoracic Bridge, Pancake, Pike, Shoulder Flexion and Shoulder Extension.



Quick Look



## 90s Piriformis L

### Focus Points

- 1) Sit upright during this stretch, do not allow yourself to fall sideways. Doing so will usually allow you to go all the way down to the ground, however this is a fake piriformis stretch and doing so will result in poor results.
- 2) To increase the intensity of the stretch, slide the front foot outward until it is directly in line with the center of your midsection (belly button)

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# STRETCH COURSES

The Stretch Courses develop Front Split, Middle Split, Thoracic Bridge, Pancake, Pike, Shoulder Flexion and Shoulder Extension.



Quick Look



## 120s Diamond Frog

### Focus Points

- 1) From a kneeling position, lean forward until the hips are flat on the floor and the lower legs are off the ground behind you with knees wide and the soles of the feet together
- 2) Now maintaining hips and quads flat on the ground, press the feet downward toward the ground and hold

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# STRETCH COURSES

The Stretch Courses develop Front Split, Middle Split, Thoracic Bridge, Pancake, Pike, Shoulder Flexion and Shoulder Extension.



Quick Look



## 30s Kneeling Tuck

### Focus Points

- 1) Allow the chest to rest comfortably on top of the legs

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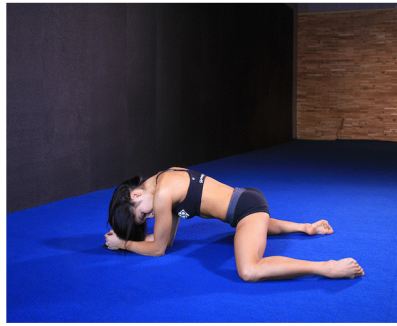


# STRETCH COURSES

The Stretch Courses develop Front Split, Middle Split, Thoracic Bridge, Pancake, Pike, Shoulder Flexion and Shoulder Extension.



Quick Look



## 120s Frog

### Focus Points

- 1) The right knee, right hip, left hip and the knee should all remain in a single straight line
- 2) The feet should be directly under the knees so that the upper and lower legs create a ninety degree angle

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# STRETCH COURSES

The Stretch Courses develop Front Split, Middle Split, Thoracic Bridge, Pancake, Pike, Shoulder Flexion and Shoulder Extension.



Quick Look



## 30s Kneeling Tuck

### Focus Points

- 1) Keep the feet, ankles and knees together

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# STRETCH COURSES

The Stretch Courses develop Front Split, Middle Split, Thoracic Bridge, Pancake, Pike, Shoulder Flexion and Shoulder Extension.



Quick Look



## 90s Frog Rock

### Focus Points

- 1) Use full range of motion on these; glutes reasonably close to the ground in the rear and hips to the ground in the front
- 2) This should be a mildly uncomfortable, however at no time should there be any perception of excessive strain or 'grinding' within the joint

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# STRETCH COURSES

The Stretch Courses develop Front Split, Middle Split, Thoracic Bridge, Pancake, Pike, Shoulder Flexion and Shoulder Extension.



Quick Look



## 60s Butterfly

### Focus Points

- 1) Pull the feet all the way into the groin
- 2) Now use the abductors on the sides of the hips to pull the knees down to the ground

[< Previous \(../mss-se12/\)](#)

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# STRETCH COURSES

The Stretch Courses develop Front Split, Middle Split, Thoracic Bridge, Pancake, Pike, Shoulder Flexion and Shoulder Extension.



Quick Look



## 90s Pancake Shoulder R

### Focus Points

- 1) As you lean to the right, be sure to keep the left glute pressed firmly into the ground
- 2) If you are unable to grasp the right foot, use a stretch strap to facilitate the stretch

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[Next > \(../mss-se15/\)](#)



# STRETCH COURSES

The Stretch Courses develop Front Split, Middle Split, Thoracic Bridge, Pancake, Pike, Shoulder Flexion and Shoulder Extension.



Quick Look



## 90s Pancake Shoulder L

### Focus Points

- 1) If your mobility allows it, take the shoulder inside of the thigh. Do not lay the shoulder down on top of the thigh
- 2) Perfectly performed, the shoulder should touch the ground in front of the thigh

[< Previous \(../mss-se14/\)](https://courses1.gymnasticbodies.com/mss-se14/)

[Next > \(../mss-se16/\)](https://courses1.gymnasticbodies.com/mss-se16/)



# STRETCH COURSES

The Stretch Courses develop Front Split, Middle Split, Thoracic Bridge, Pancake, Pike, Shoulder Flexion and Shoulder Extension.



Quick Look



## 10r Seated Good Morning

### Focus Points

- 1) The wider the legs the more difficult the exercise, the narrower the legs the easier
- 2) Keep the back straight and move the torso up and down as a single unit. Do not allow yourself to hunch over

[< Previous \(../mss-se15/\)](#)

[Next > \(../mss-se17/\)](#)



# STRETCH COURSES

The Stretch Courses develop Front Split, Middle Split, Thoracic Bridge, Pancake, Pike, Shoulder Flexion and Shoulder Extension.



Quick Look



## 10r Pancake Walk

### Focus Points

- 1) Keeping the chest as low and level as possible walk the torso from side to side

[< Previous \(../mss-se16/\)](#)

[Next > \(../mss-se18/\)](#)



# STRETCH COURSES

The Stretch Courses develop Front Split, Middle Split, Thoracic Bridge, Pancake, Pike, Shoulder Flexion and Shoulder Extension.



Quick Look



## 10r Pancake Bounce

### Focus Points

- 1) Keep the chest relatively low throughout this exercise
- 2) The hands should rise first; do not allow the shoulders to rise first. This increases the load on the middle and lower trapezius

[< Previous \(../mss-se17/\)](https://courses1.gymnasticbodies.com/mss-se17/)

[Next > \(../mss-se19/\)](https://courses1.gymnasticbodies.com/mss-se19/)



# STRETCH COURSES

The Stretch Courses develop Front Split, Middle Split, Thoracic Bridge, Pancake, Pike, Shoulder Flexion and Shoulder Extension.



Quick Look



## 10r Pancake Circle

### Focus Points

- 1) Keeping the chest just barely off the floor, smoothly slide the chest in a circular motion from side to side

[< Previous \(../mss-se18/\)](https://courses1.gymnasticbodies.com/mss-se18/)

[Next > \(../mss-se20/\)](https://courses1.gymnasticbodies.com/mss-se20/)



# STRETCH COURSES

The Stretch Courses develop Front Split, Middle Split, Thoracic Bridge, Pancake, Pike, Shoulder Flexion and Shoulder Extension.



Quick Look



## 60s Floating Pancake

### Focus Points

- 1) With the hips in posterior pelvic tilt, go down as low as possible with a flat back and then hold for the duration of the set
- 2) If you find that your mobility is severely compromised, consider sitting on top of one or even two stretch blocks before commencing the set. This elevation of the hips will significantly extend your range of motion and greatly increase the effectiveness of this exercise

[< Previous \(../mss-se19/\)](#)

[Next > \(../mss-se21/\)](#)

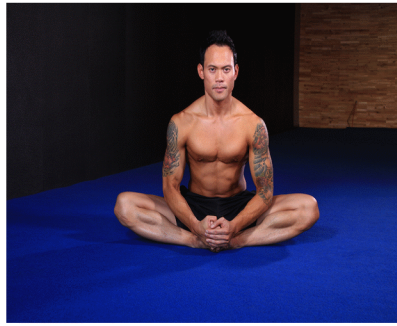
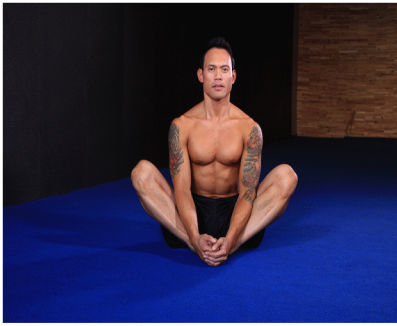


# STRETCH COURSES

The Stretch Courses develop Front Split, Middle Split, Thoracic Bridge, Pancake, Pike, Shoulder Flexion and Shoulder Extension.



Quick Look



## 60s Butterfly

### Focus Points

1) With the feet in tight and the knees pulled down, extend the torso forward into the stretch

[< Previous \(../mss-se20/\)](#)

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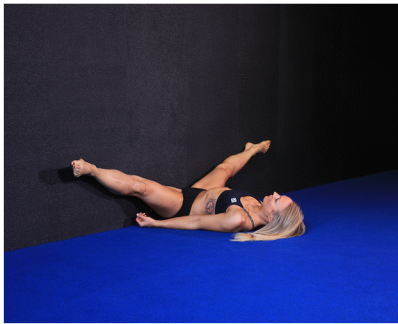


# STRETCH COURSES

The Stretch Courses develop Front Split, Middle Split, Thoracic Bridge, Pancake, Pike, Shoulder Flexion and Shoulder Extension.



Quick Look



## 120s Wall Middle Split

### Focus Points

- 1) At full range of motion, hold the ankles up just clear of the floor.  
Do not allow them to rest on the floor
- 2) If you are advanced, consider adding ankle weights to this stretch

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# STRETCH COURSES

The Stretch Courses develop Front Split, Middle Split, Thoracic Bridge, Pancake, Pike, Shoulder Flexion and Shoulder Extension.



Quick Look



## 10r Weighted Wall Middle Split Pull

### Focus Points

- 1) From the bottom position of the wall middle split, smoothly pull the legs together
- 2) The legs should only very lightly brush the wall

[< Previous \(../mss-se22/\)](https://courses1.gymnasticbodies.com/mss-se22/)

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# STRETCH COURSES

The Stretch Courses develop Front Split, Middle Split, Thoracic Bridge, Pancake, Pike, Shoulder Flexion and Shoulder Extension.



Quick Look



## 120s Isometric Middle Split

### Focus Points

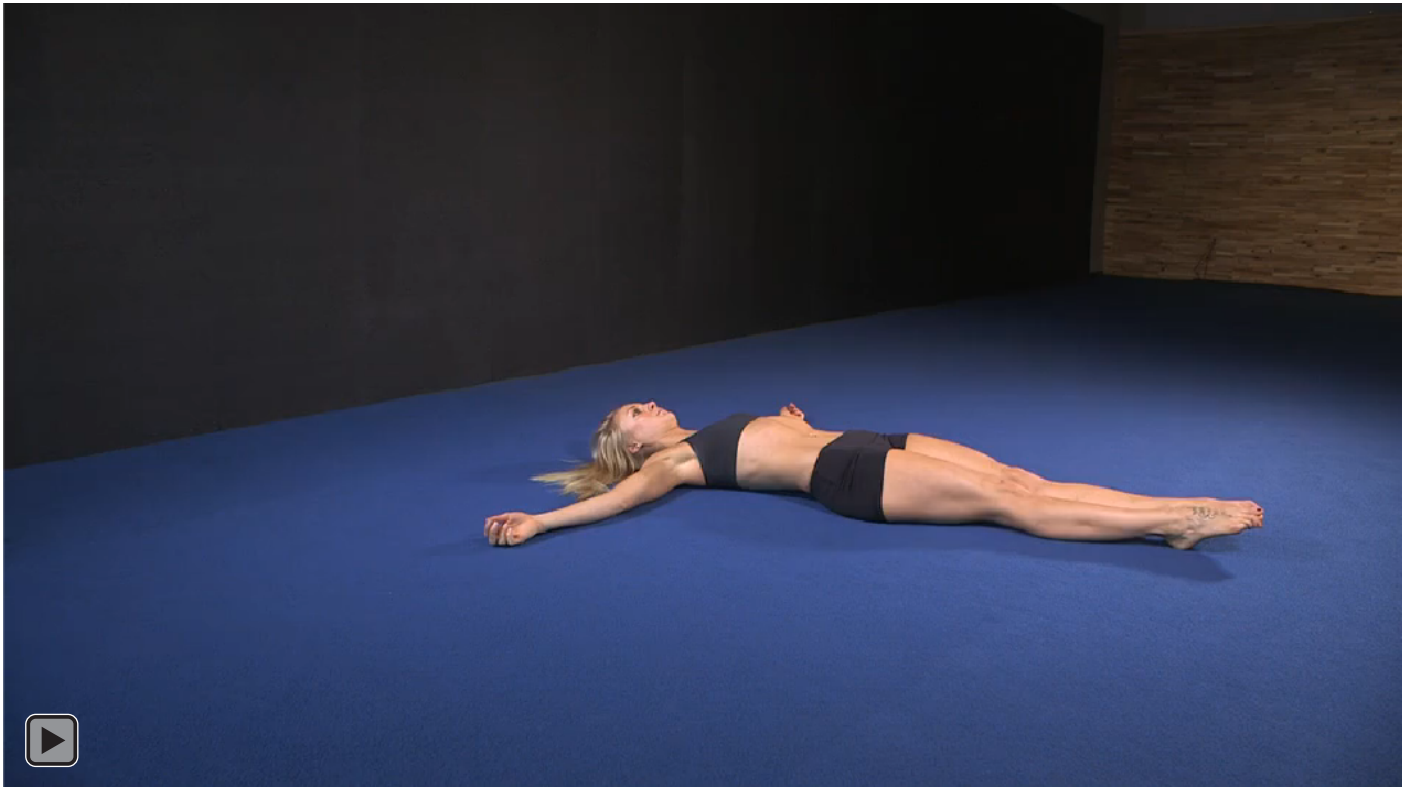
- 1) Begin by performing 3 small isometric contractions of 10 seconds each at three different depths of middle split
- 2) On the fourth and final descent, do not go deeper than you can hold for the entire final 90 seconds

[< Previous \(../mss-se23/\)](https://courses1.gymnasticbodies.com/mss-se23/)[Next > \(../mss-se25/\)](https://courses1.gymnasticbodies.com/mss-se25/)

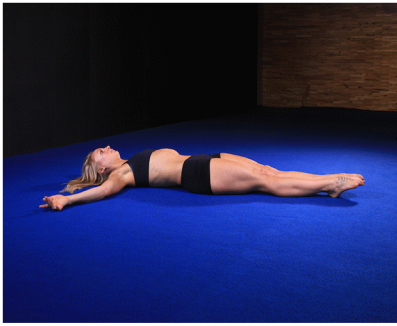


# STRETCH COURSES

The Stretch Courses develop Front Split, Middle Split, Thoracic Bridge, Pancake, Pike, Shoulder Flexion and Shoulder Extension.



Quick Look



## 10r Supine Flair

### Focus Points

- 1) Begin by pulling the top leg as close to the shoulder as possible while simultaneously locking and pressing the bottom leg away
- 2) Focus on a smooth circular motion with the legs pulled as wide apart as possible at all times

[< Previous \(../mss-se24/\)](https://courses1.gymnasticbodies.com/mss-se24/)

[Next > \(../mss-se26/\)](https://courses1.gymnasticbodies.com/mss-se26/)



# STRETCH COURSES

The Stretch Courses develop Front Split, Middle Split, Thoracic Bridge, Pancake, Pike, Shoulder Flexion and Shoulder Extension.



Quick Look



## 10r Pancake Roll Through

### Focus Points

1) While some increase in elevation is unavoidable for most people, strive to keep the hips as low as possible while rolling back and into the pancake position

[< Previous \(../mss-se25/\)](#)

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# STRETCH COURSES

The Stretch Courses develop Front Split, Middle Split, Thoracic Bridge, Pancake, Pike, Shoulder Flexion and Shoulder Extension.



## Front Split Series

The following stretch series should be performed in the given order once per week.

There are **24** Front Split Elements



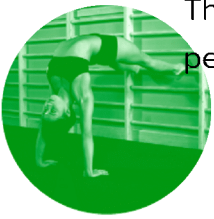
## Middle Split Series

The following stretch series should be performed in the given order once per week.

There are **26** Middle Split Elements



## Thoracic Bridge Series



The following stretch series should be performed in the given order once per week.

[TBs/SE1 \(../TBs-se1\)](#)

[TBs/SE2 \(../TBs-se2\)](#)

[TBs/SE3 \(../TBs-se3\)](#)

[TBs/SE4 \(../TBs-se4\)](#)

[TBs/SE5 \(../TBs-se5\)](#)

[TBs/SE6 \(../TBs-se6\)](#)

[TBs/SE7 \(../TBs-se7\)](#)

[TBs/SE8 \(../TBs-se8\)](#)

[TBs/SE9 \(../TBs-se9\)](#)

[TBs/SE10 \(../TBs-se10\)](#)

[TBs/SE11 \(../TBs-se11\)](#)

[TBs/SE12 \(../TBs-se12\)](#)

[TBs/SE13 \(../TBs-se13\)](#)

[TBs/SE14 \(../TBs-se14\)](#)

[TBs/SE15 \(../TBs-se15\)](#)

[TBs/SE16 \(../TBs-se16\)](#)

[TBs/SE17 \(../TBs-se17\)](#)

[TBs/SE18 \(../TBs-se18\)](#)

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[TBs/SE20 \(../TBs-se20\)](#)

[TBs/SE21 \(../TBs-se21\)](#)

[TBs/SE22 \(../TBs-se22\)](#)

[TBs/SE23 \(../TBs-se23\)](#)

[TBs/SE24 \(../TBs-se24\)](#)

[Full Follow Along Class \(../TBs-full\)](#)

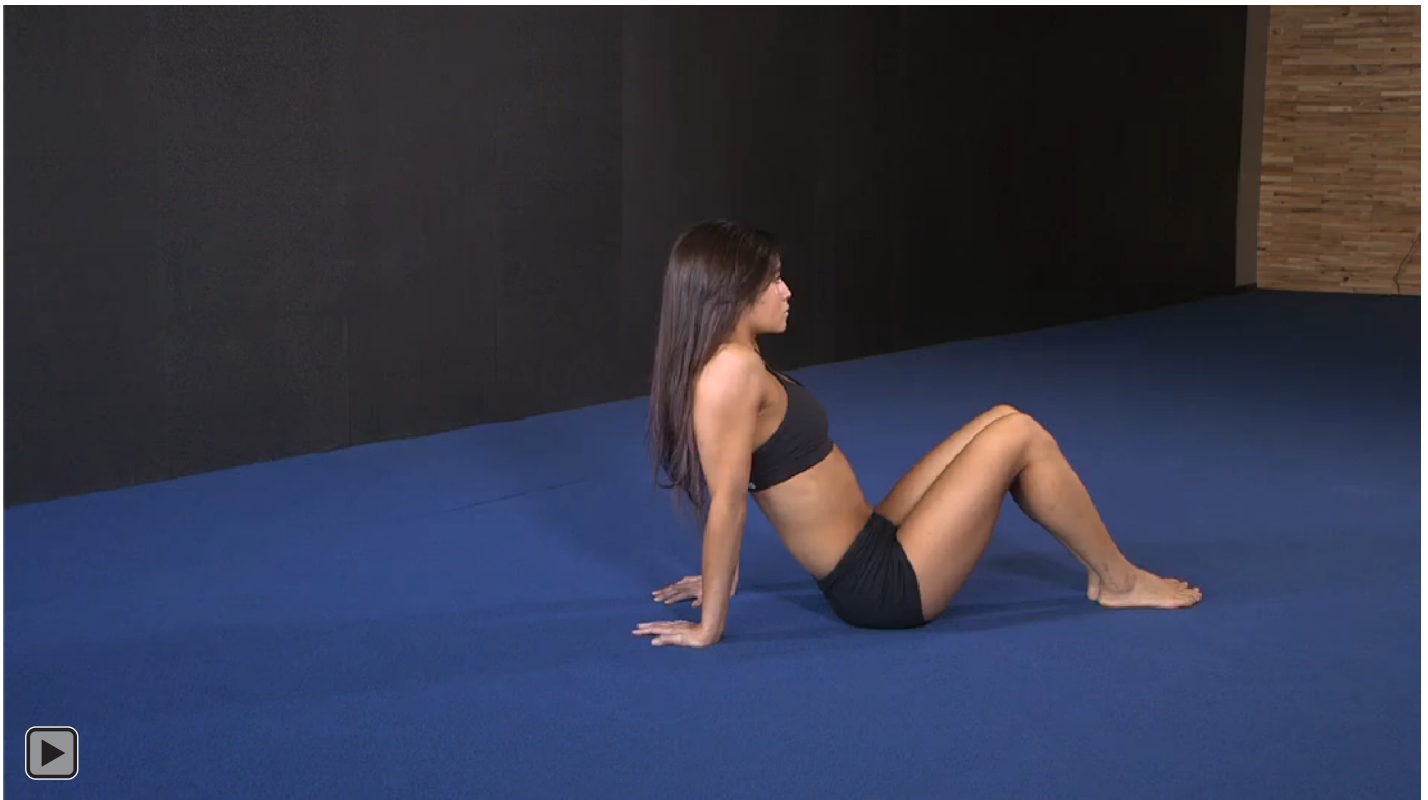
There are **24** Thoracic Bridge Elements



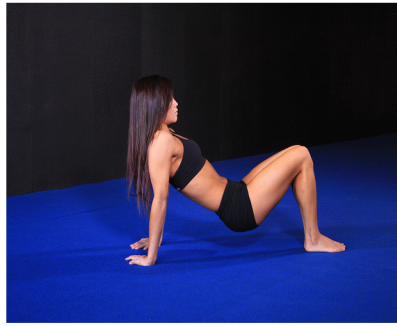


# STRETCH COURSES

The Stretch Courses develop Front Split, Middle Split, Thoracic Bridge, Pancake, Pike, Shoulder Flexion and Shoulder Extension.



Quick Look



## 120s Rocking Table

### Focus Points

- 1) Press the hips upward until they are level with the shoulders
- 2) At the top of each repetition, press the shoulders forward in front of the hands to increase the stretch on the biceps. Note that the hands should be shoulder width apart

[Next > \(../tbs-se2/\)](#)



# STRETCH COURSES

The Stretch Courses develop Front Split, Middle Split, Thoracic Bridge, Pancake, Pike, Shoulder Flexion and Shoulder Extension.



Quick Look



## 90s Twisting Bear (Alternating Sides)

### Focus Points

- 1) As you step across and into the twist, keep the supporting shoulder pressed back behind the supporting hand
- 2) Roll the shoulder completely open at the top of each repetition and pause slightly

[< Previous \(../tbs-se1/\)](#)[Next > \(../tbs-se3/\)](#)



# STRETCH COURSES

The Stretch Courses develop Front Split, Middle Split, Thoracic Bridge, Pancake, Pike, Shoulder Flexion and Shoulder Extension.



Quick Look



## 90s Supine Shoulder Extension

### Focus Points

- 1) With the hands together, extend as deeply as possible into shoulder extension
- 2) Pay special attention to your elbows, if they are still weak in terms of GST and are showing signs of discomfort only go as deep into the stretch as the elbows can comfortably handle

[< Previous \(../tbs-se2/\)](https://courses1.gymnasticbodies.com/tbs-se2/)

[Next > \(../tbs-se4/\)](https://courses1.gymnasticbodies.com/tbs-se4/)



# STRETCH COURSES

The Stretch Courses develop Front Split, Middle Split, Thoracic Bridge, Pancake, Pike, Shoulder Flexion and Shoulder Extension.



Quick Look



## 10r Supine Shoulder Extension Walk

### Focus Points

- 1) Keep the shoulders as low as possible at all times. Do not sit up higher than absolutely necessary to complete the repetition
- 2) The repetition is not complete until the fingers of each hand touch together

[< Previous \(../tbs-se3/\)](https://courses1.gymnasticbodies.com/tbs-se3/)[Next > \(../tbs-se5/\)](https://courses1.gymnasticbodies.com/tbs-se5/)



# STRETCH COURSES

The Stretch Courses develop Front Split, Middle Split, Thoracic Bridge, Pancake, Pike, Shoulder Flexion and Shoulder Extension.



Quick Look



## 90s Seal Stretch

### Focus Points

- 1) Press the hips downward into the floor while simultaneously pulling the shoulders upward and back
- 2) Keep the arms straight and the chin high

[< Previous \(../tbs-se4/\)](https://courses1.gymnasticbodies.com/tbs-se4/)

[Next > \(../tbs-se6/\)](https://courses1.gymnasticbodies.com/tbs-se6/)



# STRETCH COURSES

The Stretch Courses develop Front Split, Middle Split, Thoracic Bridge, Pancake, Pike, Shoulder Flexion and Shoulder Extension.



Quick Look



## 90s Reach Underneath R

### Focus Points

- 1) The goal here is to twist until the upper back contacts the floor

[< Previous \(../tbs-se5/\)](#)

[Next > \(../tbs-se7/\)](#)



# STRETCH COURSES

The Stretch Courses develop Front Split, Middle Split, Thoracic Bridge, Pancake, Pike, Shoulder Flexion and Shoulder Extension.



Quick Look



## 90s Reach Underneath L

### Focus Points

1) Tucking the chin toward the chest and curling the neck will help to increase the range of motion

[< Previous \(../tbs-se6/\)](#)

[Next > \(../tbs-se8/\)](#)

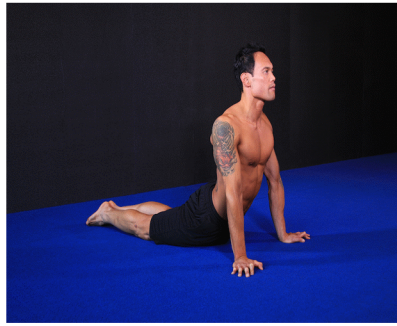


# STRETCH COURSES

The Stretch Courses develop Front Split, Middle Split, Thoracic Bridge, Pancake, Pike, Shoulder Flexion and Shoulder Extension.



Quick Look



## 90s Seal Rock

### Focus Points

1) Do not rush these, press the hips downward and then pull the shoulders back on each and every repetition

[< Previous \(../tbs-se7/\)](#)

[Next > \(../tbs-se9/\)](#)

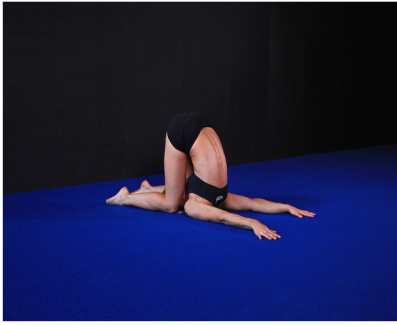
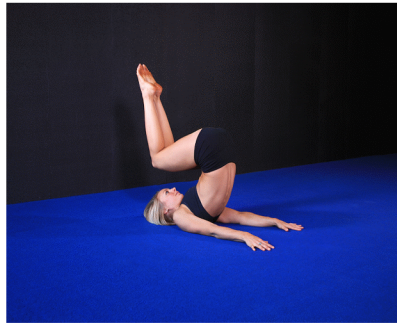
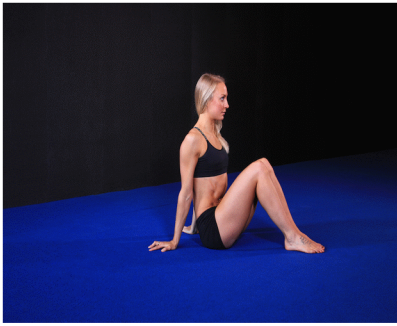


# STRETCH COURSES

The Stretch Courses develop Front Split, Middle Split, Thoracic Bridge, Pancake, Pike, Shoulder Flexion and Shoulder Extension.



Quick Look



## 90s Supine Trap Stretch

### Focus Points

- 1) The goal here is to place both the knees and the shins flat upon the ground
- 2) If you find this stretch too intense initially, place the knees on top of stretch blocks to decrease the range of motion

[< Previous \(../tbs-se8/\)](https://courses1.gymnasticbodies.com/tbs-se8/)

[Next > \(../tbs-se10/\)](https://courses1.gymnasticbodies.com/tbs-se10/)

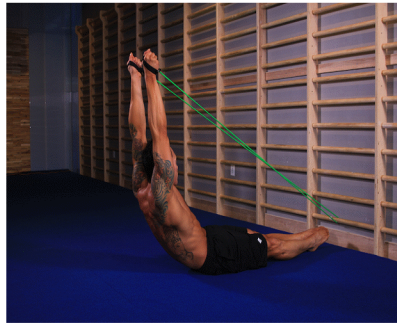
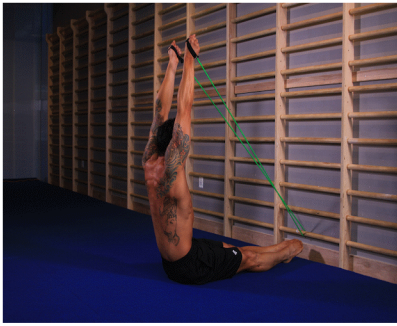


# STRETCH COURSES

The Stretch Courses develop Front Split, Middle Split, Thoracic Bridge, Pancake, Pike, Shoulder Flexion and Shoulder Extension.



Quick Look



## 10r Supine Thoracic Band Pull

### Focus Points

- 1) Keep the arms by the ears at all times. Never allow the shoulders to pike. Begin rolling down one vertebrae at a time beginning with the lower back
- 2) Performed correctly, these will completely thrash your upper back and traps

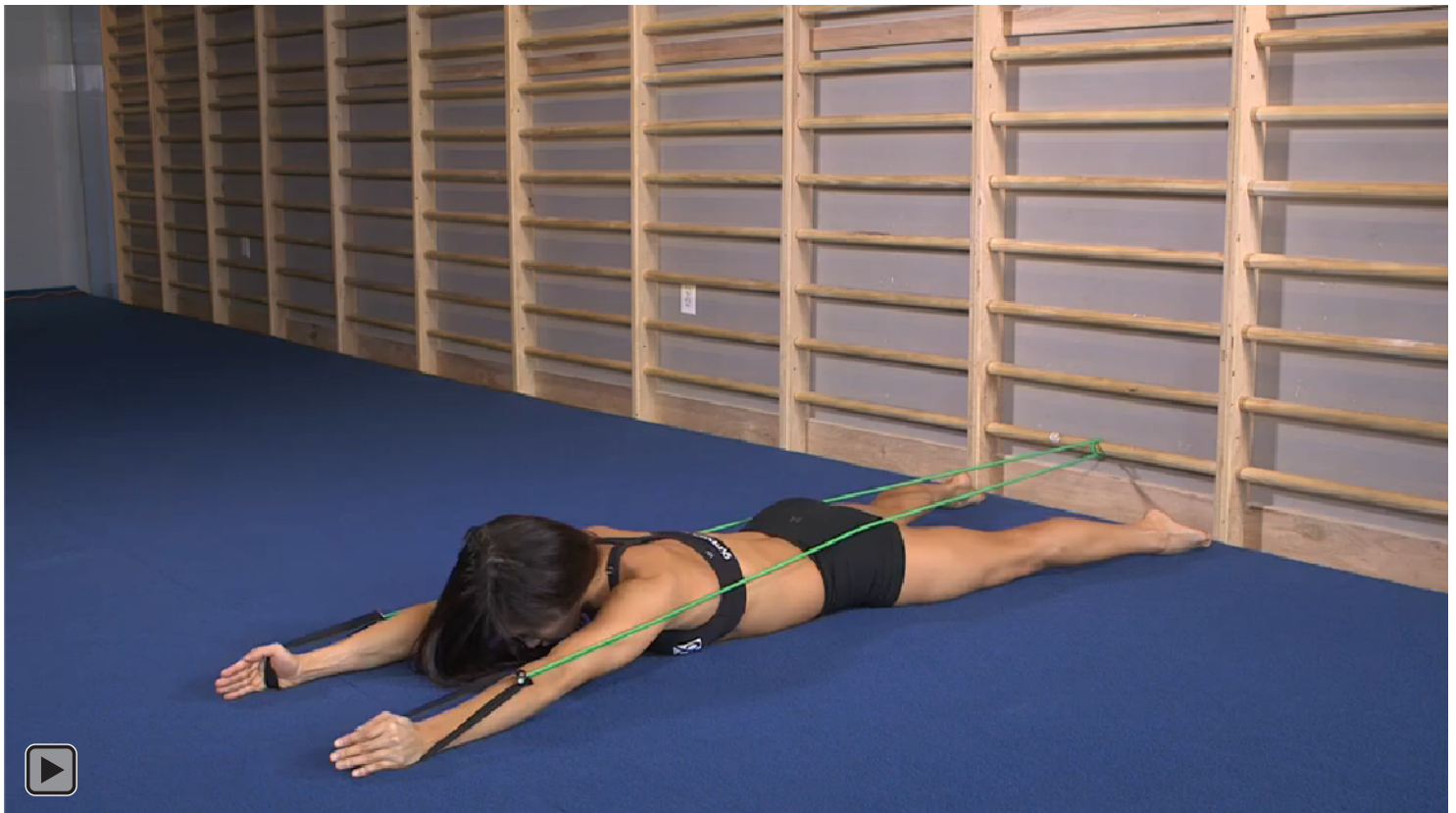
[< Previous \(../tbs-se9/\)](#)

[Next > \(../tbs-se11/\)](#)

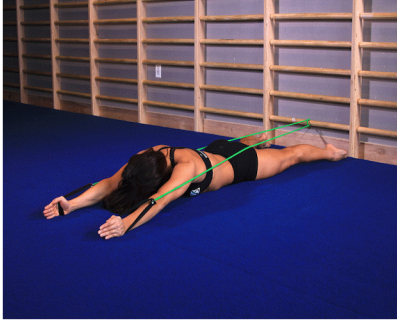


# STRETCH COURSES

The Stretch Courses develop Front Split, Middle Split, Thoracic Bridge, Pancake, Pike, Shoulder Flexion and Shoulder Extension.



Quick Look



## 10r Prone Thoracic Band Pull

### Focus Points

- 1) Keep the arms back behind the ears. Do not use the lats to pull down on the band
- 2) The body should roll down into position; first rib by rib, then the chin and finally the hands should contact the ground

[< Previous \(../tbs-se10/\)](#)

[Next > \(../tbs-se12/\)](#)



# STRETCH COURSES

The Stretch Courses develop Front Split, Middle Split, Thoracic Bridge, Pancake, Pike, Shoulder Flexion and Shoulder Extension.



Quick Look



## 90s Elevated Cat

### Focus Points

- 1) Place the hands shoulder width or narrower on the rail in front of you
- 2) Now press the chest strongly down to the floor; focusing on maximizing shoulder flexion. It may help to think of making the armpits 'big'

[< Previous \(../tbs-se11/\)](#)

[Next > \(../tbs-se13/\)](#)

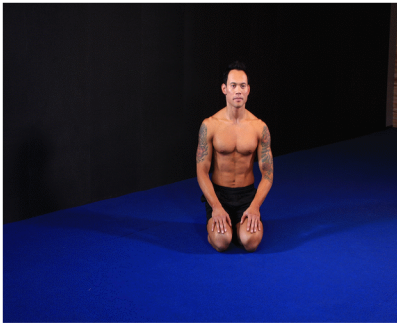


# STRETCH COURSES

The Stretch Courses develop Front Split, Middle Split, Thoracic Bridge, Pancake, Pike, Shoulder Flexion and Shoulder Extension.



Quick Look



## 90s Capsule Stretch R

### Focus Points

- 1) Lay the right arm directly across your chest and out to the side
- 2) First press the right shoulder firmly into the ground and while maintaining that pressure also attempt to press the left shoulder to the floor

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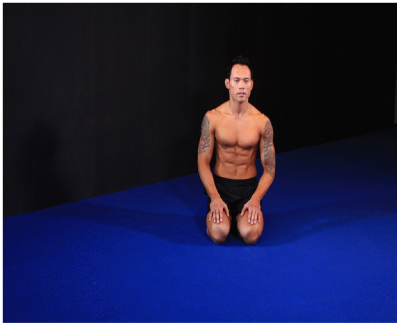


# STRETCH COURSES

The Stretch Courses develop Front Split, Middle Split, Thoracic Bridge, Pancake, Pike, Shoulder Flexion and Shoulder Extension.



Quick Look



## 90s Capsule Stretch L

### Focus Points

- 1) Note that pulling the left knee up greatly increases the intensity of the stretch
- 2) Strongly reach forward with the non-stretching arm

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[Next > \(../tbs-se15/\)](#)



# STRETCH COURSES

The Stretch Courses develop Front Split, Middle Split, Thoracic Bridge, Pancake, Pike, Shoulder Flexion and Shoulder Extension.



Quick Look



## 90s Inverted Cat

### Focus Points

- 1) In order to be effective, it is important that the shoulders are on placed upon the half of the theraball furthest from the stall bar as this creates the fulcrum for the stretch
- 2) Once you feel the shoulders locked into place, then increase the intensity of the stretch by gradually dropping the hips

[< Previous \(../tbs-se14/\)](#)

[Next > \(../tbs-se16/\)](#)



# STRETCH COURSES

The Stretch Courses develop Front Split, Middle Split, Thoracic Bridge, Pancake, Pike, Shoulder Flexion and Shoulder Extension.



Quick Look



## 10r HS Shoulder Flexion Press

### Focus Points

- 1) Keep the bodyline as firm and straight as possible at all times
- 2) The only part of your body that should be moving are the shoulders as they move into and out of shoulder flexion

[< Previous \(../tbs-se15/\)](#)

[Next > \(../tbs-se17/\)](#)



# STRETCH COURSES

The Stretch Courses develop Front Split, Middle Split, Thoracic Bridge, Pancake, Pike, Shoulder Flexion and Shoulder Extension.



Quick Look



## 60s Elevated Thoracic Bridge

### Focus Points

- 1) The focus here is on increasing thoracic extension. Stated simply the stretch should be felt in your upper back; **NOT** the lower back. If you are feeling it in your lower back; your feet are too low!
- 2) Continue elevating your feet, until you find the point where this stretch is felt primarily in the upper back

[< Previous \(../tbs-se16/\)](#)

[Next > \(../tbs-se18/\)](#)



# STRETCH COURSES

The Stretch Courses develop Front Split, Middle Split, Thoracic Bridge, Pancake, Pike, Shoulder Flexion and Shoulder Extension.



Quick Look



## 30s Rock n Roll

### Focus Points

- 1) Simply grab your knees and gently roll back and forth

[< Previous \(../tbs-se17/\)](#)

[Next > \(../tbs-se19/\)](#)



# STRETCH COURSES

The Stretch Courses develop Front Split, Middle Split, Thoracic Bridge, Pancake, Pike, Shoulder Flexion and Shoulder Extension.



Quick Look



## 10r Elevated Thoracic Bridge Pushup

### Focus Points

- 1) Touch the head to the floor at the bottom of each repetition
- 2) Press the shoulders forward to full thoracic extension at the top of each repetition

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# STRETCH COURSES

The Stretch Courses develop Front Split, Middle Split, Thoracic Bridge, Pancake, Pike, Shoulder Flexion and Shoulder Extension.



Quick Look



## 30s Rock n Roll

### Focus Points

- 1) Keep the lower back curled and the hips tucked under

[< Previous \(../tbs-se19/\)](#)

[Next > \(../tbs-se21/\)](#)



# STRETCH COURSES

The Stretch Courses develop Front Split, Middle Split, Thoracic Bridge, Pancake, Pike, Shoulder Flexion and Shoulder Extension.



Quick Look



## 10r Elevated Thoracic Bridge Hip Tap

### Focus Points

- 1) Press upward as strongly as possible on the supporting arm, before smoothly lifting the other arm
- 2) Do not bend the legs or lessen your thoracic extension to make the movement easier

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# STRETCH COURSES

The Stretch Courses develop Front Split, Middle Split, Thoracic Bridge, Pancake, Pike, Shoulder Flexion and Shoulder Extension.



[Quick Look](#)



## 30s Rock n Roll

### Focus Points

1) If your rolls are not smooth, your hips are not tucked under enough

[< Previous \(../tbs-se21/\)](#)

[Next > \(../tbs-se23/\)](#)

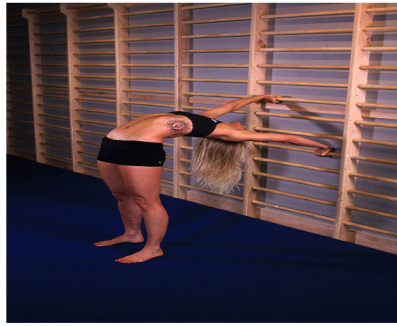


# STRETCH COURSES

The Stretch Courses develop Front Split, Middle Split, Thoracic Bridge, Pancake, Pike, Shoulder Flexion and Shoulder Extension.



Quick Look



## 5r Bridge Wall Walk with Hands

### Focus Points

- 1) Remember that the arms are to be used for assistance, not the primary means of support. Maximize the amount of work your back is doing
- 2) Ideally your arms should be providing less and less assistance over time until you eventually do not need to use them at all

[< Previous \(../tbs-se22/\)](https://courses1.gymnasticbodies.com/tbs-se22/)

[Next > \(../tbs-se24/\)](https://courses1.gymnasticbodies.com/tbs-se24/)

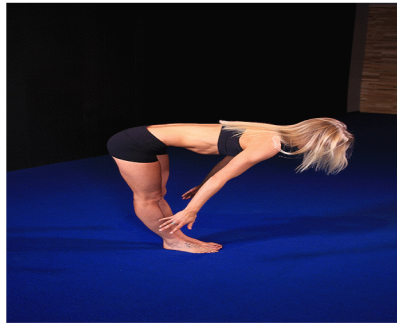
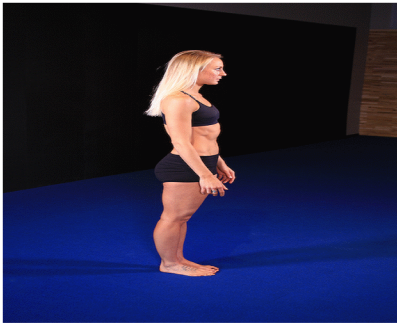


# STRETCH COURSES

The Stretch Courses develop Front Split, Middle Split, Thoracic Bridge, Pancake, Pike, Shoulder Flexion and Shoulder Extension.



Quick Look



## 30s Standing Pike

### Focus Points

- 1) Allow the torso to hang freely, bend the elbows if necessary to deepen the stretch

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