You start here:

Legs flexibility → LEVEL 1 → LEVEL 2 → LEVEL 3 → LEVEL 4 → LEVEL 5

LEVEL 1

Entry signs:
Cannot touch toes
Poor hinge
Limited hip control
Low IR/ER awareness

→ Teach hip hinge
→ Fingertips on floor.
→ Introduce CARs
→ Build basic IR/ER exposure
→ Light PNF tolerance

- Forward fold
  → Fingertips to the floor
- Active drills
  → Bent-knee leg raises
  → Deep squat
- Hip rotation
  → Cars on all 4
  → Introduce IR & ER drills

LEVEL 2

Entry Signs:
Can touch toes
Hinge improving
Still passive dominant
Pancake limited

→ Palms to floor
→ Begin active flexion
→ Improve IR/ER control
→ Introduce pancake work
→ Moderate PNF tolerance

- Deepen forward fold:
  Ballistic stretching
  PNF
  Light Jefferson curls
  Active straight leg raises
- Hip Rotation Strengt
  Seated IR rotations
  Standing bigger CARs
- Pancake Intro
  Seated hinges
  Butterly

LEVEL 3

Palms flat
Basic pancake
CARs competent
Some active control

→ Develop hip extension
→ Begin front split
→ path
Deepen pancake
→ Prepare adductors
→ Build compression strength
→ Introduce loaded mobility

- **Front Split Path**
  Couch stretch (PNF)
  Split slides
  Hip flexor eccentrics
- Deepen pancake:
  Seated forward hinges
  Pancake with drag
  Loaded pancake
- Deepen compression
  - Pike lifts
  - Leg raises
  - Weighted hip flexor

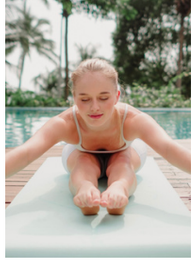
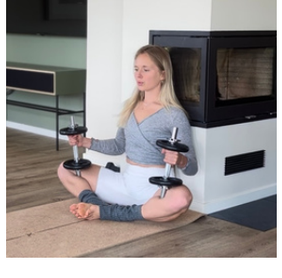
LEVEL 4

Entry Signs
Close to front split
Deep pancake
Good hip control

Goals
→ Full front split
→ Middle split work
→ Bulletproof IR/ER
→ Close passive–active gap

- Deepen front splits
  Pnf front splits
- Rotation & Capsule
  Resisted CARs
  Loaded IR work
  Deep ER strength
- Middle splits work

LEVEL 5

Entry Signs
Full splits
Strong active control
Advanced body awareness

Max active/passive ratio
Middle and front splits