



PRACTICAL GUIDE TO SPLITS

EQUIPMENT LIST

PVC PIPES

REPLACEMENT EXAMPLES:

- Broom Sticks
- Hockey / Lacrosse Sticks



YOGA BLOCKS

REPLACEMENT EXAMPLES

- Books
- Squat Rack Post
- Foam Roller
- Cement Block



SLANT BOARD

REPLACEMENTS EXAMPLES:

- Thick Door Wedges
- Slightly Elevated Surface



BAR FOR HANGING

EXAMPLES:

- Rings
- A sturdy Pull-up Bar
- Any sturdy bar that can support your bodyweight



BARBELL & WEIGHTLIFTING PLATES

To take your Splits to the next level in the most practical way possible, access to a Barbell and Weightlifting Plates is a huge advantage. Dumbbells are also an amazing replacement if needed.

OBJECTS FOR ELEVATION

The use of elevation is very frequent in the Basics Program. Boxes, chairs, benches, stairs, and weightlifting plates are all examples of what you could use to create elevation but there are infinite ways that elevation could be made to help you throughout the program.