



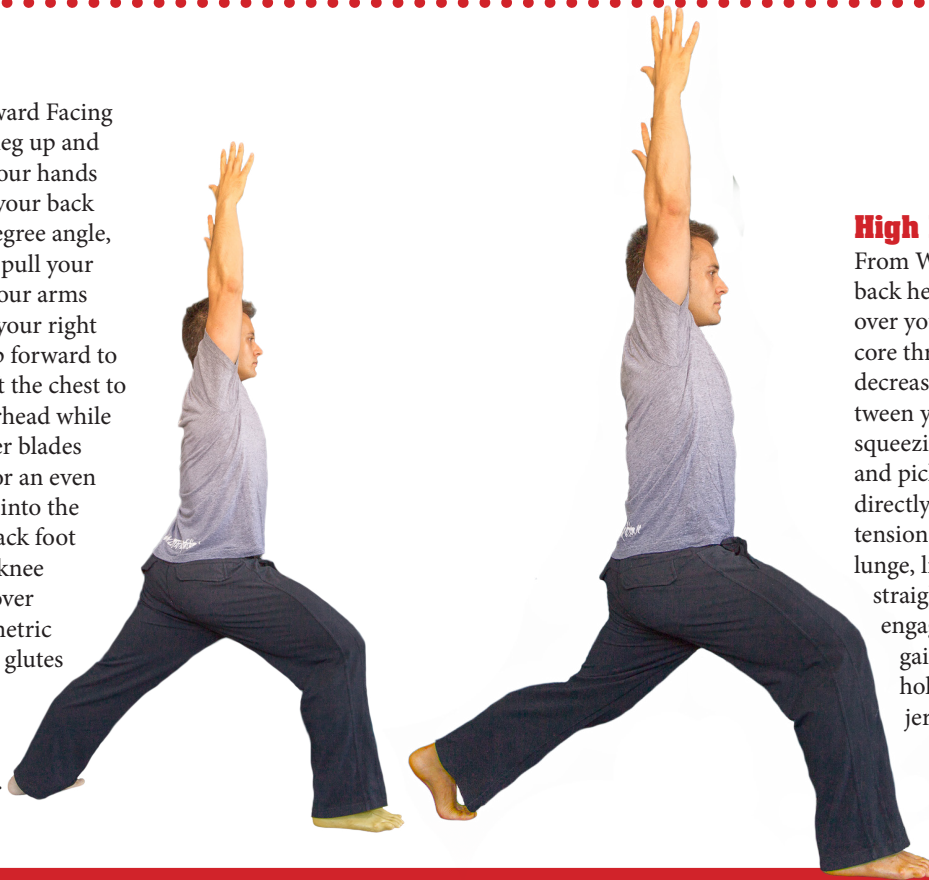
STRENGTH THROUGH YOGA

The split jerk is one of the most demanding lifts in CrossFit. It requires strength, coordination, and flexibility from your hips, through your core and up to your shoulders to execute the lift. Your body must be strong enough to initiate the momentum up through the bar and flexible enough to drop down into a high lunge to catch the weight. Yoga standing poses, High Lunge and Warrior I, can help build strength through the quads and core, increase hip flexibility, and build muscle memory in the upper body. This allows you to extend into the overhead position while providing mobility in the lower body. These two poses can greatly increase your mobility and stabilize your drop to lift a heavier split jerk.

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PHOTOGRAPHY BY KEITH WATERS, KX'D PHOTOGRAPHY

Warrior I

Starting in a Downward Facing Dog, lift your right leg up and step it in-between your hands to a lunge. Ground your back heel down at a 45 degree angle, engage your core to pull your torso up and raise your arms high. Work to pull your right hip back and left hip forward to square your hips, lift the chest to reach hands up overhead while rolling your shoulder blades down your back. For an even stronger base, press into the back edge of your back foot and pull your front knee out so it is directly over the ankle. This isometric engagement of your glutes and hamstrings will train your body to stay strong at the bottom of the lunge.



High Lunge

From Warrior I, pivot your back heel so it is reaching over your toes. Engage your core through the midline by decreasing the distance between your sternum and navel, squeezing the thighs together, and picking a point of focus directly forward to release any tension in the neck. In the high lunge, lift your back heel and straighten your back leg to engage your poster chain and gain the static awareness to hold to bottom of the split jerk.

Moving back and forth between these two poses will allow you to drop deeper and provide a more stable foundation when adding weight. **To build strength in the legs, midline, while increasing flexibility and muscle memory for the split jerk, try this sequence:**

Starting in Downward Facing Dog, inhale and lift your right leg up. Exhale, bend the knee to open the hips while keeping the shoulders and hips square to the ground. Inhale, step the right foot in-between the hands, ground the back left foot at a 45 degree angle, and raise the torso and hands up overhead into your Warrior I position. Hold for 3-5 breaths.

Then, from Warrior I, pivot the back foot so the heel is over the toes, and hips square to the front, and hold your high lunge.

To add more challenging variations: draw the hands behind your back for a shoulder opener, interlace the fingers, and slowly fold forward keeping the legs in place; or starting in lunge twist by taking the hands into a prayer position at your chest, draw them to across the body to touch your elbow to the outside of your knee. Hold for 3-5 breaths. Repeat this sequence with your left foot forward and you will be on your way to a much stronger and stable split jerk. ●