

FOLLOW ALONG  
**BEGINNER FLEXIBILITY V3**  
ROUTINE

1. Breathe Neck Extensions - 3-5 reps



2. Levator Scapula PNF - 2 reps (5 sec) + 10 sec per side



3. Extended Cat Cow - 5 reps (with breath)



4. Twisting Pec Stretch PNF - 2 reps (5 sec) + 10 sec per side



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5. Supine Leg Tuck - 20-30 sec



6. Supine Knee Drop - 3 reps per side



7. Supine Glute Stretch - 30 sec per side



8. Hip Swivel - 5 reps per side



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ROUTINE

9. Seated Tailor Pose PNF - 3 reps (5 sec) + 15 sec



10. Kneeling Hip Thrust - 3 reps (5 sec)



11. Elephant Walk - 3 reps + 10 sec per side



12. Upward Dog - 20-30 sec



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ROUTINE

13. Hip Flexor PNF - 2 reps (5 sec) + 10 sec per side



14. Squat Hold - 30-60 sec



**ENJOYING THE STRETCHING ROUTINES?**

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