FULL BODY FLEXIBILITY ROUTINE

1. Lewitt Technique - 60s





2 Prone Shoulder Rotation - 40-60s per side





3. 90:90 Knee Lift PNF - 2r (10s) per side





4. Pigeon - 30-45s per side





FOLLOW ALONG

FULL BODY FLEXIBILITY ROUTINE

5. Support Pancake PNF - 60-90s



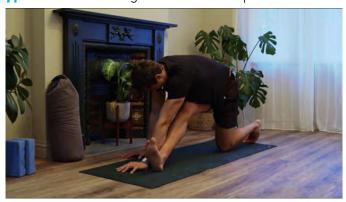


6. Supine Internal Rotation - 30s





Lateral Hamstring Stretch - 30-45s per side





Bent Leg Hip Flexor - 40-60s per side





FOLLOW ALONG

FULL BODY FLEXIBILITY

ROUTINE

9. Supine Extension - 120s+





ENJOYING THE STRETCHING ROUTINES?

Donate and support Tom continuing to make free content.

DONATE HERE