

FOLLOW ALONG
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



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5. Support Pancake PNF - 60-90s



6. Supine Internal Rotation - 30s



7. Lateral Hamstring Stretch - 30-45s per side



8. Bent Leg Hip Flexor - 40-60s per side



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9. Supine Extension - 120s+



ENJOYING THE STRETCHING ROUTINES?

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