FOLLOW ALONG

UPPER BODY FLEXIBILITY

ROUTINE

1. Head Tilt - 5 reps per side





2. Head Nod - 5 reps (with breath)





3. Gyroscope Tilt - 5 per side





4. Gyroscope Twist - 5 per side





FOIIOW ALONG

UPPER BODY FLEXIBILITY

ROUTINE

5. Gyroscope Roll - 5 reps (with breath)





6. Upward To Downward Dog - 20-30 sec per position





7. Thread The Needle - 45 sec per side





8. Lying Thoracic Rotation - 5 reps per side (with breath)





FOLLOW ALONG

UPPER BODY FLEXIBILITY

ROUTINE

13. Prone Butchers Block - 30 sec





14. Table Top Lift - 5 reps





15. Seated Shoulder Extension Lift - 5 reps (5 sec)





16. German Sit Slide Out - 30-45 sec





FOLLOW ALONG

upper Body Flexibility

ROUTINE

17. Supine Thoracic Extension - 60+ sec





ENJOYING THE STRETCHING ROUTINES?

Donate and support Tom continuing to make free content.

DONATE HERE

FOIIOW ALONG

UPPER BODY FLEXIBILITY

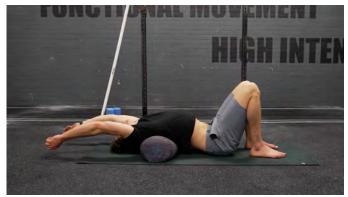
ROUTINE

9. Twisting Pec Stretch - 45 sec per side





10. Supine Thoracic Reach - 5 reps (5 sec)





11. Prone Shoulder Flexion Lift - 5 reps (5 sec)





12. Overhead Slide Out - 30-45 sec



