

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



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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)



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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



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17. Supine Thoracic Extension - 60+ sec



ENJOYING THE STRETCHING ROUTINES?

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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

