

FOLLOW ALONG
FULL BODY FLEXIBILITY
ROUTINE

1. Lewitt Technique - 60s



2. Side Neck Stretch - 30s per side



3. Kneeling Thoracic Rotation - 30s per side



4. Sleeper Stretch- 60s per side



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5. Rear Delt / Rhomboid Stretch- 30s per side



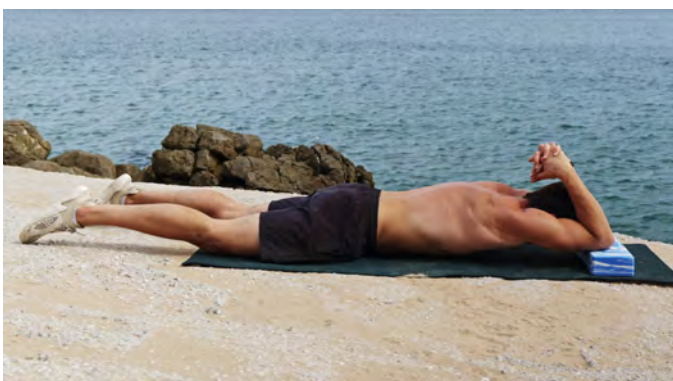
6. Prone Pec Twist - 45s per side



7a. Prone Swimmers - 2 sets x 3-5r (controlled)



7b. Active Butchers Block - 2 sets x 60s



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12. Pigeon Roll Over - 60s+ per side



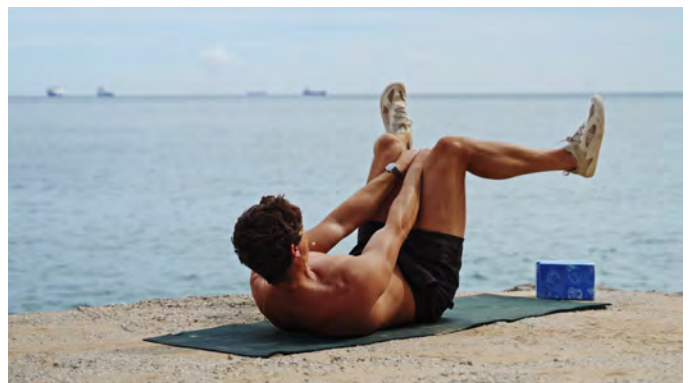
13. Tailor Pose - 60s



14a. Elephant Waddle - 2 sets x 1m (forward and back)



14b. Supine Internal Rotation - 2 sets x 3r (10s)



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8. German Sit - 60s+



9. Hip Swivel - 5r per side



10. Hooked Glute Stretch - 45s per side



11. Figure 4 Lift - 5r per side



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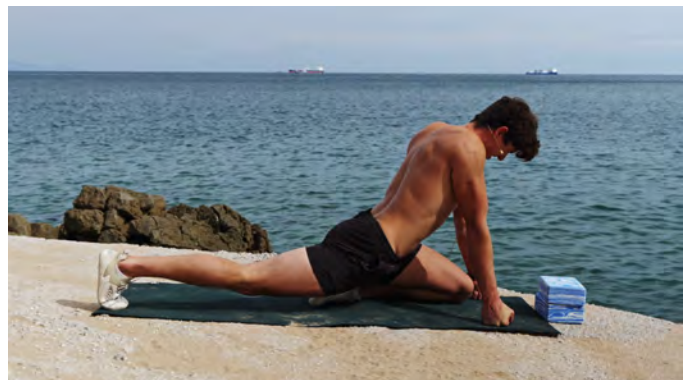
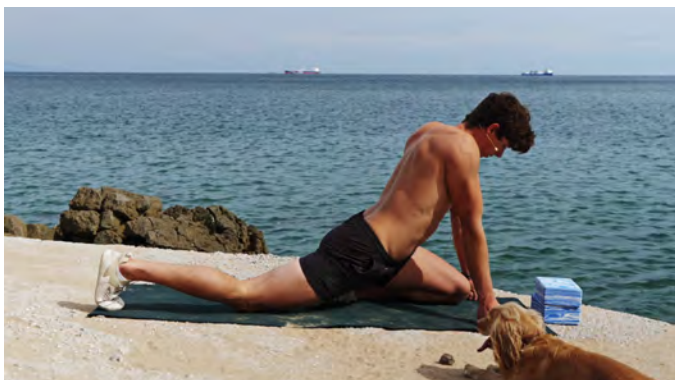
14c. Squat To Pike - 2 sets x 5r + 15s



15. McKenzie Push Up - 5r (controlled)



16. Kneeling Hip Extension - 5r (3-5s) per side



17. Supine Quad Stretch - 60s per side



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18. Frog Stretch - 60s



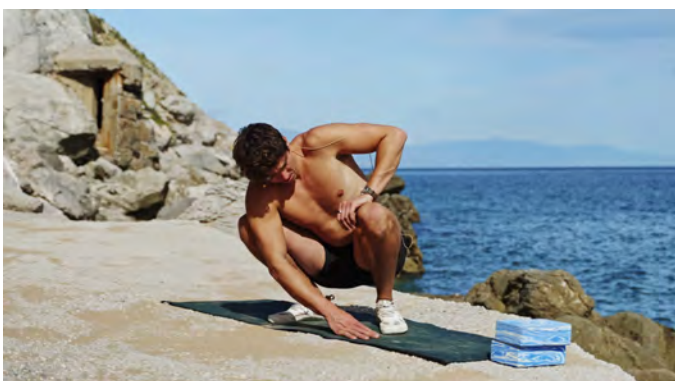
19. Long Lunge Lift - 5r (3-5s) per side



20. Bent Leg Hip Flexor - 60s per side

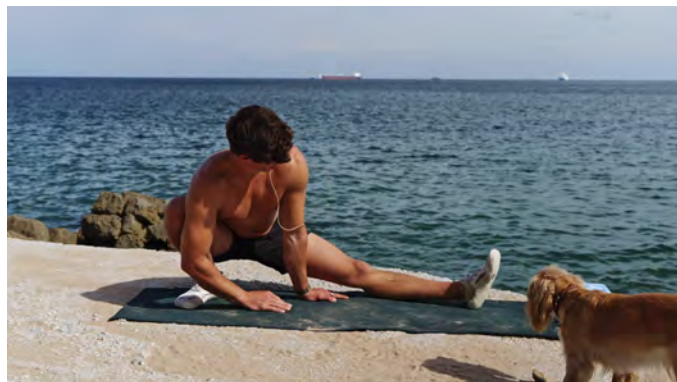


21. Squat Knee Push - 5r per side



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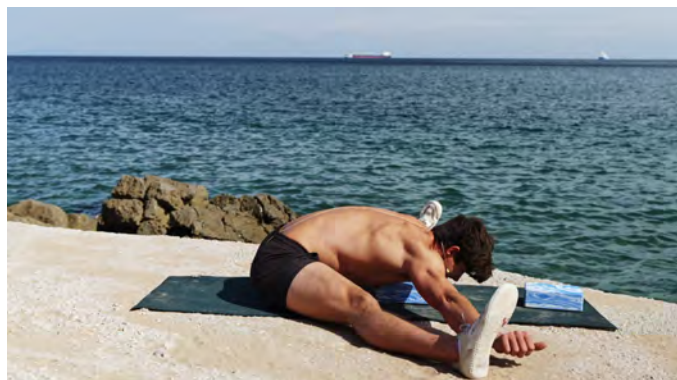
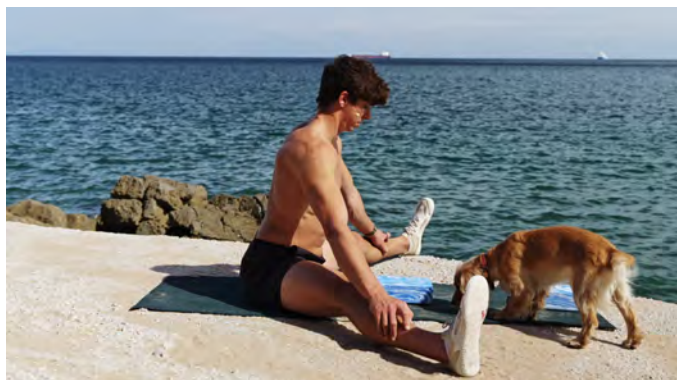
22. Cossack Slide - 5r per side



23. Bent Pancake Compression - 5r (3-5s)



24. Pancake Good Morning - 5r + 15s



25. Supine Knee Drop - 30s

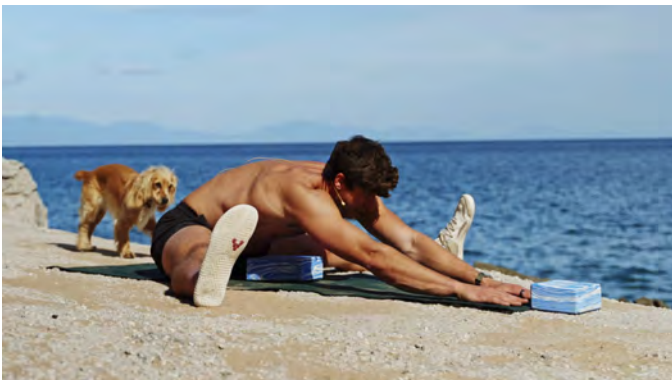


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26. Pancake Compression - 5r (3-5s)



27. Pancake Reach - 3r (10s) + 15s



28. Supine Thoracic Extension - 60s+



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to make free content.**

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