

FOLLOW ALONG BEGINNER FLEXIBILITY V3

ROUTINE

1. Lateral neck stretch - 30 secs per side



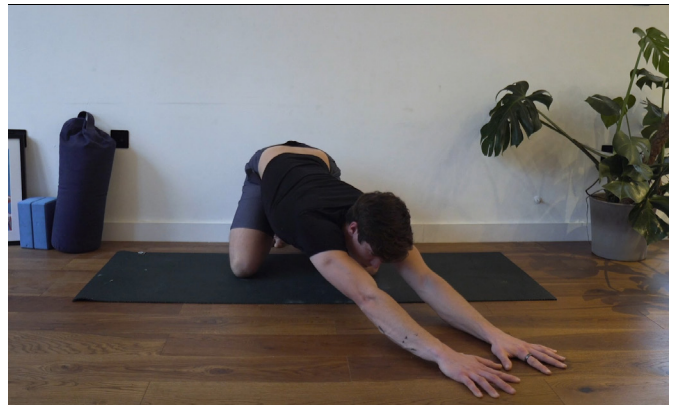
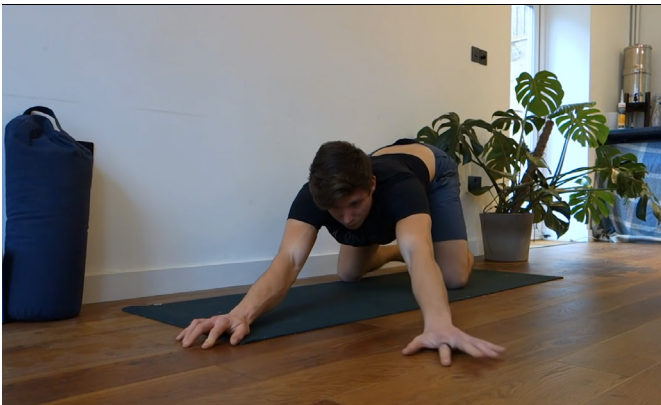
2. Head nods - 10 reps



3. Kneeling pec stretch - 30 secs per side



4. Twisting child's pose - 30 secs per side



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5. Thread The Needle - 30 secs per side



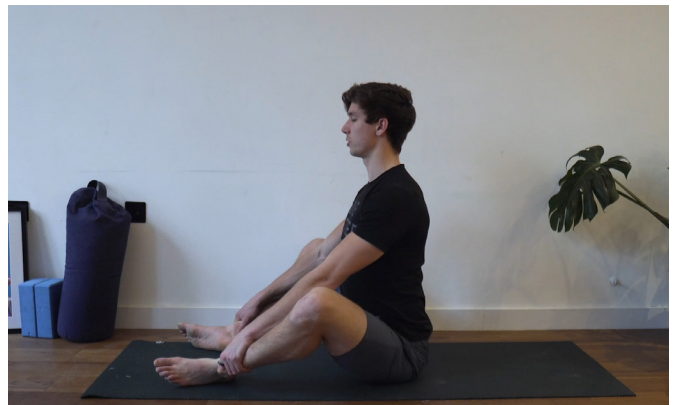
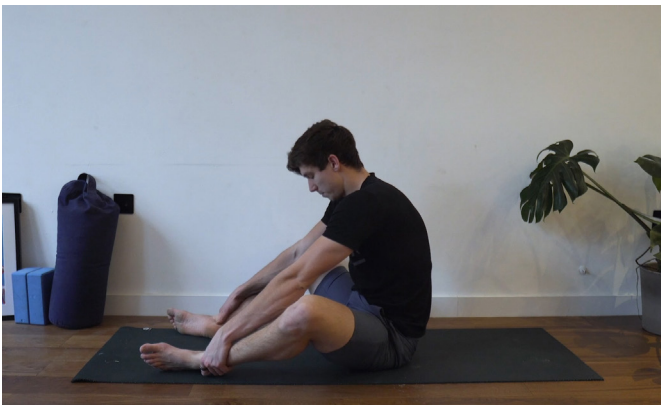
6. Posterior hip capsule stretch - 60 secs



7. Sciatic nerve floss - 10 reps per side



8. Frog hip roll - 5 reps



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9. Pike hug slide out - 3 reps (5 secs) + 15 secs



10. Upward dog - 30 secs



11. Kneeling extension - 5 reps (5 secs)



12. Low lunge - 45 to 60 secs per side



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13. Child's pose - 30 secs



Follow the full video routine on YouTube

Check out the Trybe app for full flexibility routines