

FOLLOW ALONG  
**FULL BODY FLEXIBILITY**  
ROUTINE

1. Head nods - 10 reps



2. Lateral neck stretch - 30 secs per side



3. Supine thoracic circles - 3-5 reps



4. Thread the needle - 30 secs per side





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5. Upward dog - 20 secs



6. Downward dog - 20 secs



7. Hip flexor reaches - 5 reps + 15 secs per side



8. Pike reaches - 5 reps + 15 secs per side





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9. Kneeling extensions - 5 reps (5 secs)



10. Tailor pose - 20 secs



11. Hip swivels - 10 reps



12. PNF Pigeon - 5 reps + increase ROM (3 sets)





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13. Front hip rocks - 5 reps in total



14. Pancake slide out - 3 reps (5 secs) + 15s



15. Frog rocks - 10 reps



16. Sleeper stretch - 60 secs per side





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17. Hero's pose - 60 secs



18. Posterior hip capsule stretch - 60s per side



19. Couch stretch - 60 secs



20. Standing pancake stretch - 90 secs



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Follow the full video routine on YouTube

Check out the Trybe app for full flexibility routines