

FOLLOW ALONG  
**FULL BODY MOBILITY V4**  
ROUTINE

1. Wrist clock walks - 3 complete rotations



2. Reverse wrist push ups - 10 reps



3. Planche support to downward dog - 5 reps



4. Prone external rotation lifts - 3 reps (5 secs)



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5. Shoulder dislocations - 5 reps



6. Butterfly hovers - 10 reps



7. Single arm thoracic bridges - 3 reps (10 secs) per side



8. Pigeon twists - 3 reps (10 secs) per side



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9. Lateral hamstring reach - 5 reps (3-5 secs) per side



10. Upward dog - 20 secs



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



12. Knee drops - 10 reps total



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13. Standing straddle hip thrust - 5 reps (5 secs)



14. Hero pose - 60 secs



Follow the full video routine on YouTube

Check out the Trybe app for full flexibility routines