

FOLLOW ALONG
RUNNER FLEXIBILITY V2

R O U T I N E

1. Kit Laughlin's soft tissue work - 2 mins



2. Tabletop position - 5 reps



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



4. Kneeling extensions - 5 reps (5 secs)



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ROUTINE

5. Downward dog walks - 20 reps



6. Lateral lunge - 30 secs per side



7. Supine quad stretch - 45 to 60 secs per side



8. Elephant walks - 10 total reps



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ROUTINE

9. Squat to pike - 5 reps



Follow the full video routine on YouTube

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