



FLEX flow

SCAN ME



Move WITHOUT Limits

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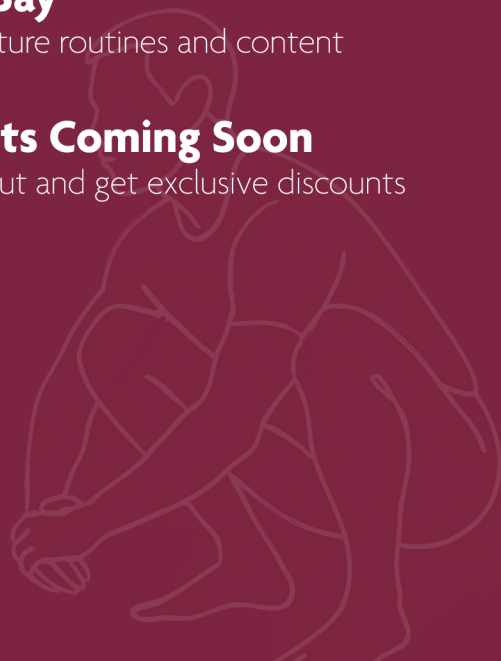
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Runners Flexibility V2

WATCH AD FREE

WATCH ON 

DURATION: 18 min

DIFFICULTY: ●●○○○

1 Kit Laughlin Stick Drill

120s



2 Table Top Lifts

5 reps



3 Twisting Child's Pose

45s per side



4 Kneeling Hip Extension

5 reps (5s)



5 Downward Dog Walks

20 reps



6 Lunge with Twist

45s per side



7 Lying Quad Stretch

60s per side



8 Standing Pike Rotations

10 reps



9 Squat to Pike

5 reps



10 Upward Dog

20s

