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Same great routines without the interruptions.

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Move WITHOUT Limits

GET FULL ACCESS

Hip Flexor Flexibility

WATCH AD FREE

WATCH ON D

DURATION: 20 min DIFFICULTY: •••

60s per side

20s

Hip Flexor Foam Roller



TUNGTIUNAL MUTEMENT HIGH INTENS

Upward Dog



HICH INTENS



5 reps (3s)
TUNUTUMENTENS

BODYWEIGHT WARRIOR

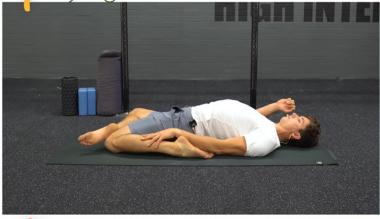






Lying Quad Stretch

60s per side





Child's Pose

10s





Lunge Rocks

5 reps (3s) per side





Child's Pose

10s









Hip Flexor Leg Curl

3 reps (5s) per side





Child's Pose

10s





Long Lunge

45s per side





Standing Pike Rotations

5 reps per side





(O) thebodyweightwarrior















14 Test your splits!

105



