



FLEX flow

SCAN ME



Move WITHOUT Limits

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Same great routines without the interruptions.

✓ Step-By-Step PDF Routines

All routines, every move, in detail to follow offline.

✓ Early Access Content

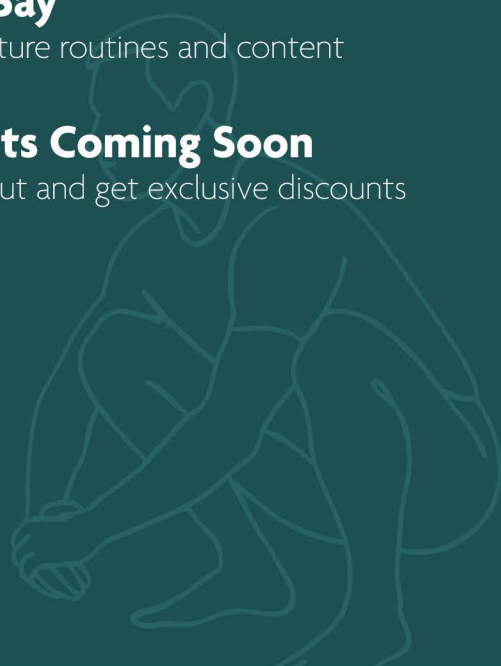
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✓ Have Your Say

Vote and request future routines and content

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Beginner Flexibility V6

WATCH AD FREE

WATCH ON 

DURATION: 25 min

DIFFICULTY: ●●○○○

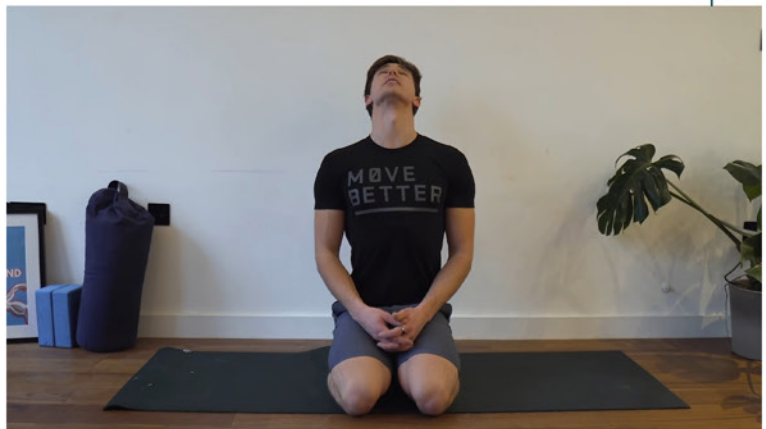
1 Lateral Neck Stretch

30s per side



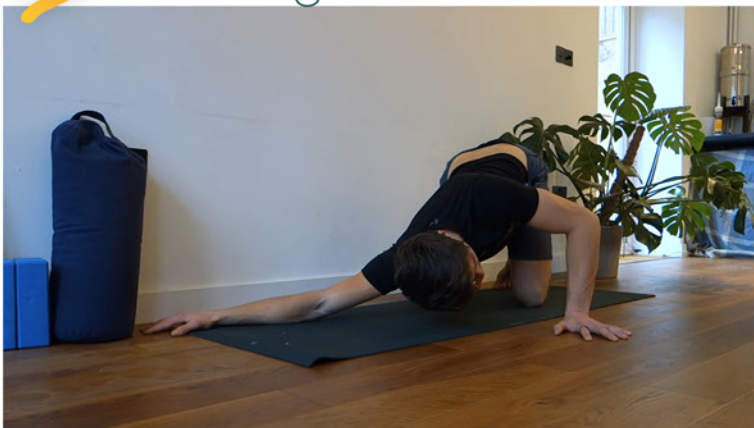
2 Head Nods

3 reps



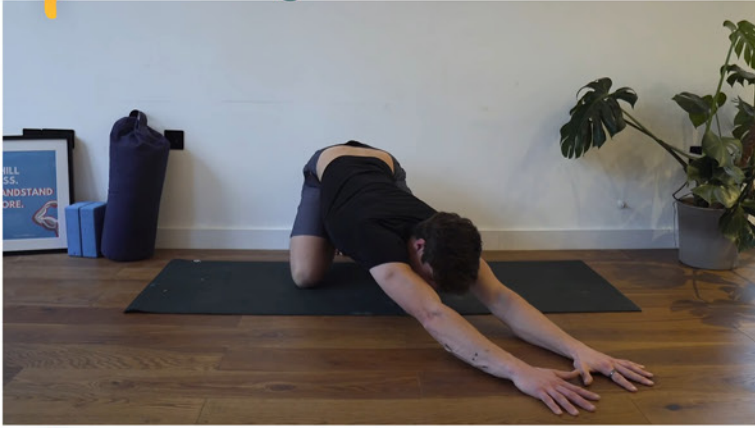
3 Kneeling Pec Stretch

30s per side



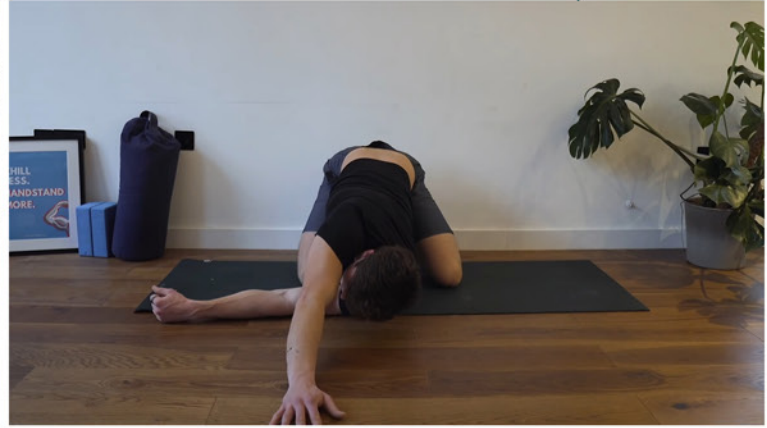
4 Twisting Child's Pose

30s per side



5 Thread the Needle

30s per side



6 Posterior Hip Capsule Stretch

30s per side



7 Sciatic Nerve Glide - Seated Figure 4

10 reps



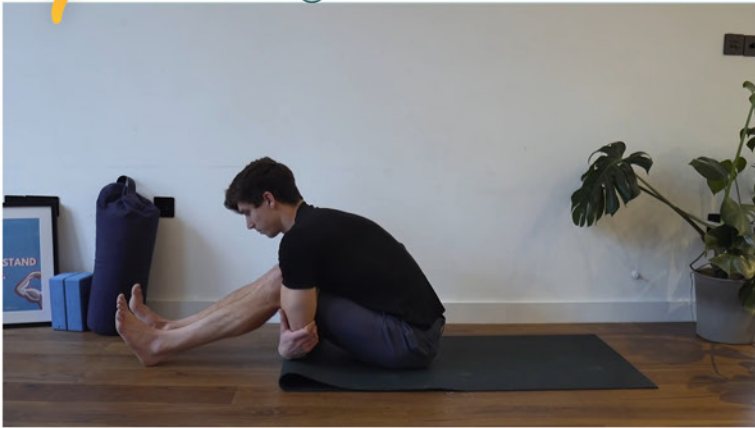
8 Seated Hip Rotation

5 reps



9 Pike Hug Slide Out

4 reps (5s)



10 Upward Dog

30s



11 Kneeling Hip Extension

3 reps (5s)



12 Low Lunge Lifts

3 reps per side



13 Child's Pose

20s

