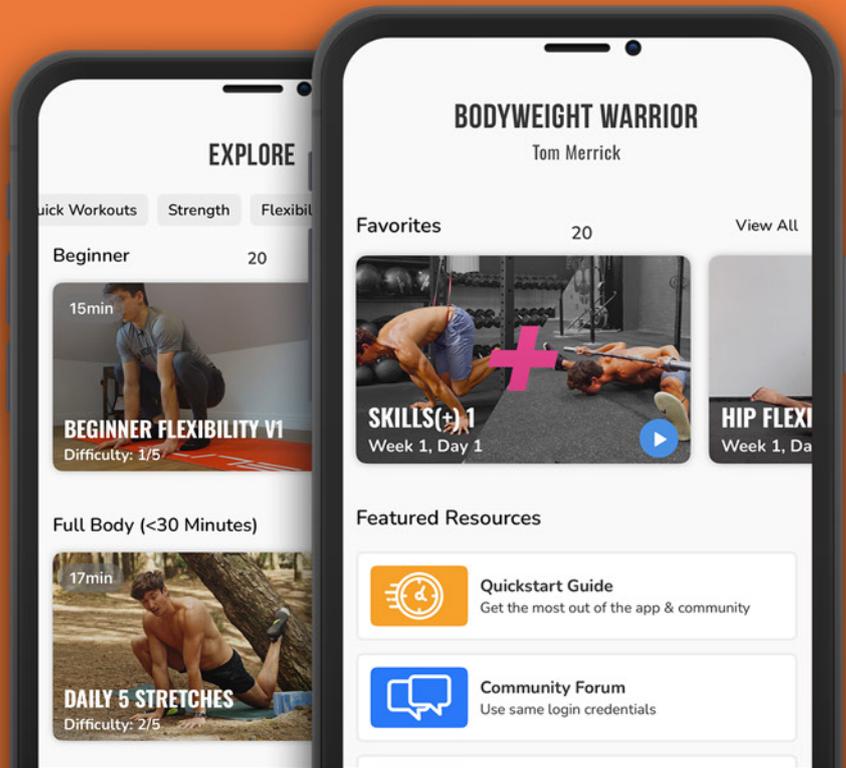


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# Beginner Flexibility V3

WATCH AD FREE

WATCH ON 

DURATION: 15 min

DIFFICULTY: ●○○○○○

## 1 Head Nods

3 reps



## 2 Levator Scap Stretch

30s per side



## 3 Extended Cat Cow

5 reps



# 4 Prone Pec Stretch

30s per side



# 5 Wide Lying Tuck Hug

30s



# 6 Lying Knee Drop

3 reps per side



# 7 Lying Cross Glute Stretch

30s per side



# 8 Hip Swivels

3 reps per side



# 9 Tailor's Pose

60s



# 10 Kneeling Hip Extension

3 reps (5s)



# 11 Standing Pike Rotations

3 reps per side



# 12 Lunge

45s per side



# 13 Squat

10s

