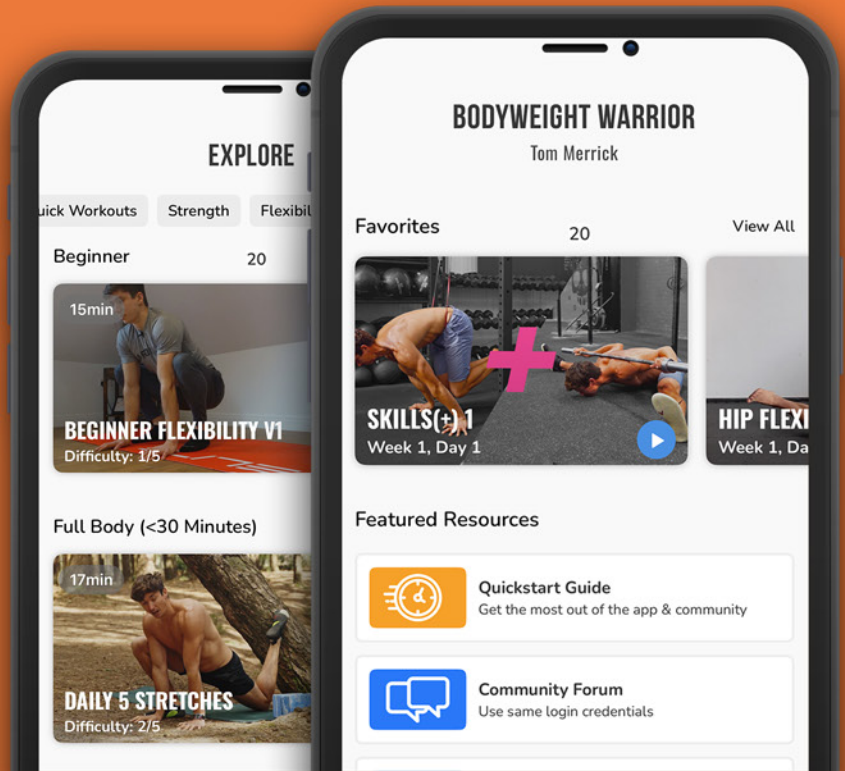


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🕒 Big Project Coming Jan 2026

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Shoulder Flexibility V1

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DURATION: 15 min

DIFFICULTY: ●●○○○

1 Kneeling Cat Cow

5 reps



2 Lying Thoracic Circles

3 reps per side



3 Table Top Lifts

5 reps



4 German Sit

30s



5 Thread the Needle

30s per side



6 Kneeling Prone Butcher's Block

45s



7 Prone External Rotation

5 reps (5s)



8 Prone Butcher's Block

30s



9 Prone Shoulder Flexion

5 reps (5s)



10 Cat Stretch

30s



11 Shoulder Reach

30s

