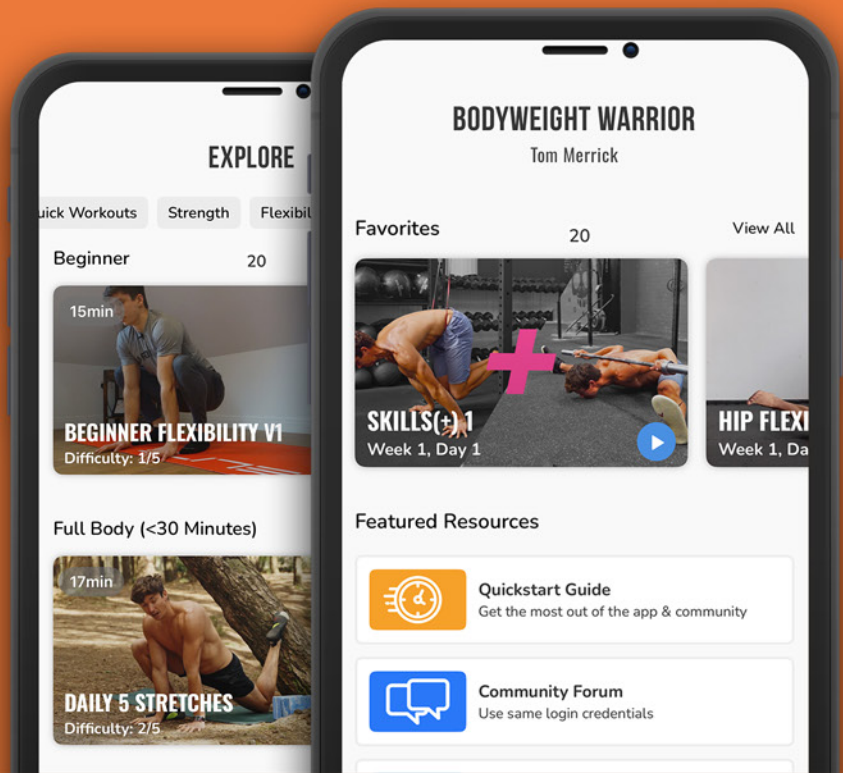


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Front Split Flexibility V1

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WATCH ON 

DURATION: 20 min

DIFFICULTY: ●●●●○

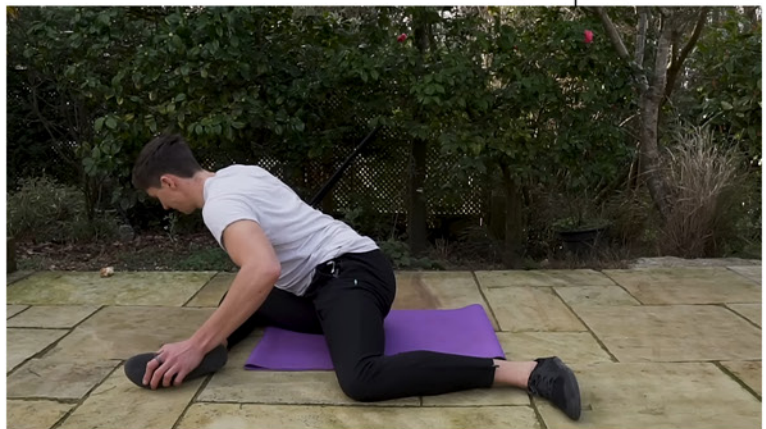
1 Hip Swivels

10 reps per side



2 90-90 Glute Stretch

20s per side



3 Squat

10s



4 Downward Dog to Upward Dog

5 reps



5 Lunge with Twist

30s per side



6 Low Lunge

20s per side



7 Twisted Bent Leg Hip Flexor

20s per side



8 No-Couch Stretch

20s per side



9 Kneeling Lunge Rocks

10 reps per side



10 No-Couch Stretch Rocks

5 reps per side



11 Kneeling Lunge Rocks

5 reps per side



12 Splits

30s per side



**PERFORM ANOTHER ROUND
OF STRETCHES 10-12**

13 Squat

30s

