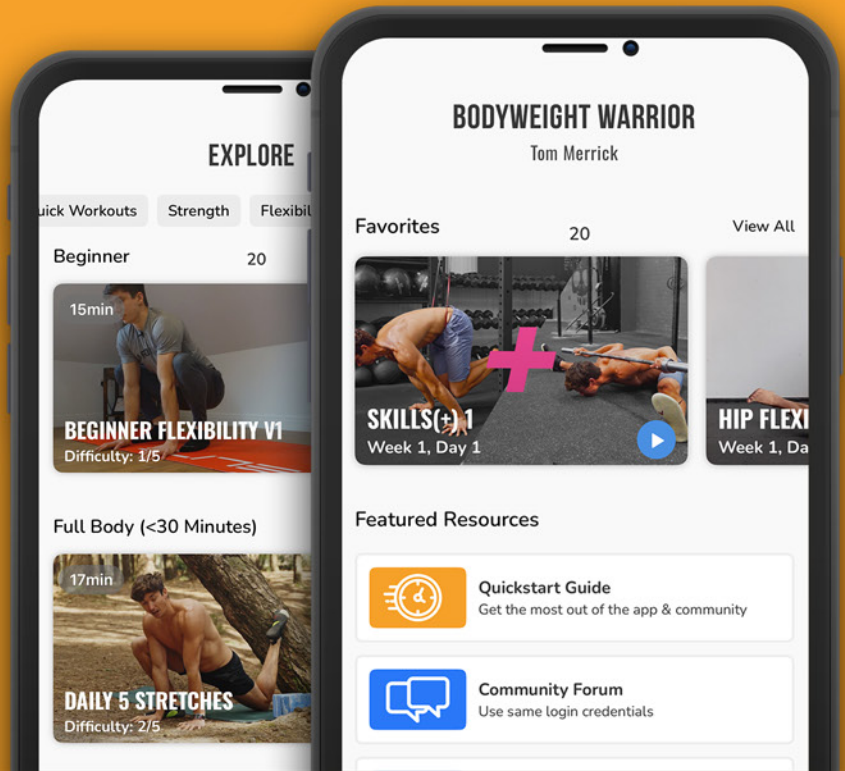


BODYWEIGHT
WARRIOR

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🕒 Big Project Coming Jan 2026

Be the first to try the FlexFlow approach



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Full Body Flexibility V1

WATCH AD FREE

WATCH ON 

DURATION: 20min

DIFFICULTY: ●●●○○

1 Head Circles

5s per position



PERFORM 2-3 CIRCLES

2 Thoracic Circles

5s per position





PERFORM 2-3 CIRCLES

3 Downward Dog

20s



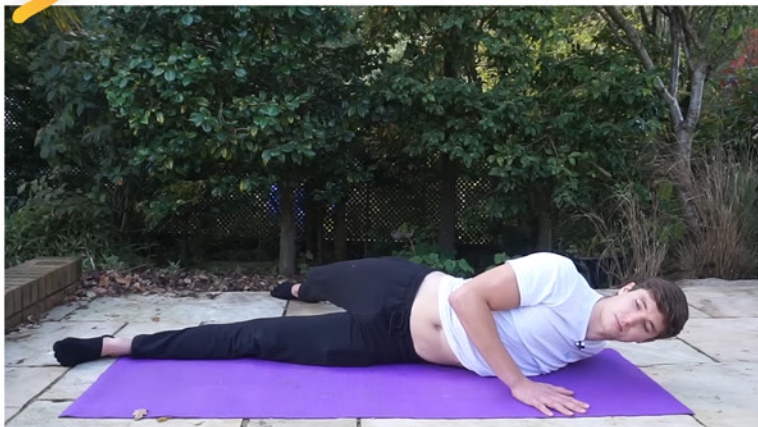
4 Upward Dog

20s



5 Prone Pec Stretch

40s per side



6 Child's Pose

10s



7 Thread the Needle

40s per side



8 Kneeling Prone Butchers Block

40s



9 Upward Dog

3 reps



10 Bird Dog

20s per side



11 Lunge with Reach

40s per side



12 Low Lunge

30s per side



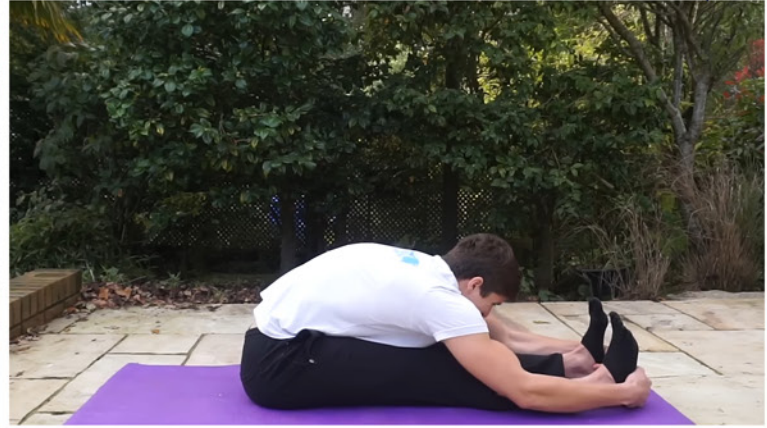
13 90-90 Glute Stretch

40s per side



14 Seated Pike

4 reps



15 Reverse Plank

40s



16 Squat

15s



17 Pancake Reach

4 reps



18 Reverse Plank

20s



19 Squat Rotations

50s

