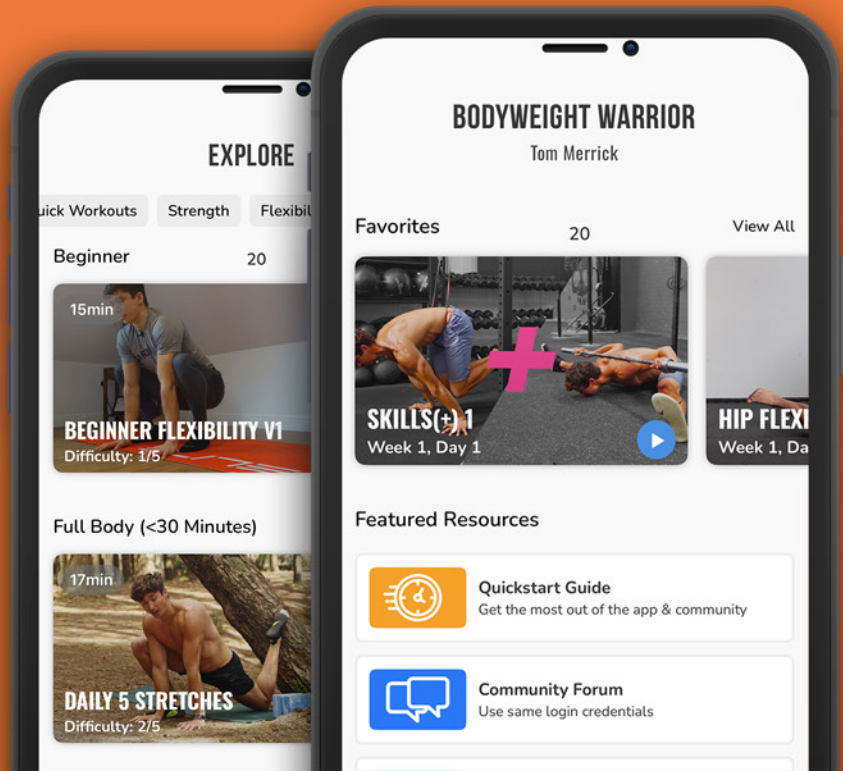


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# Core Compression

WATCH AD FREE

WATCH ON 

DURATION: 22 min

DIFFICULTY: ●●●○○

## 1 Hip Swivels

10 reps



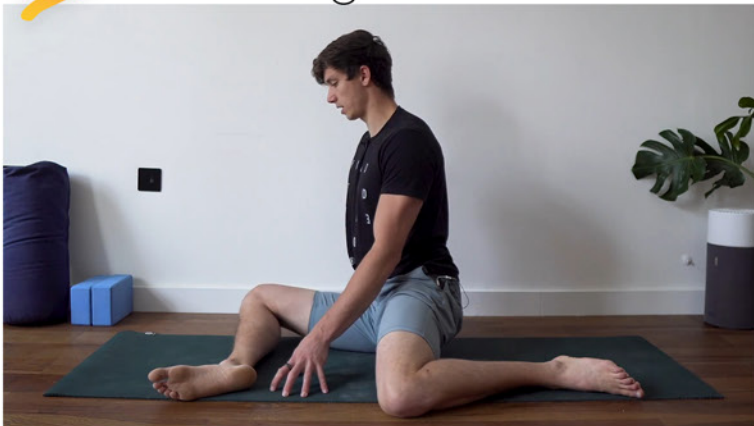
## 2 90-90 Glute Hinge with PNF

5 reps (5s) per side



## 3 90-90 Leg Extension

5 reps per side



## 4 Hamstring Rock

5 reps per side



## 5 Supine Lower Ab Lift

10 reps



## 6 Supine Pike Stretch

30s



## 7 Halasana

30s



## 8 Seated Pike Crush

3 reps (5s)



## 9 Pike Compressions

8 reps



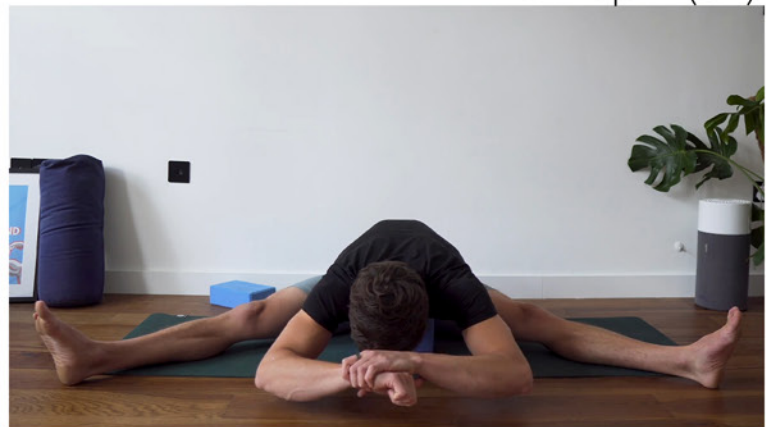
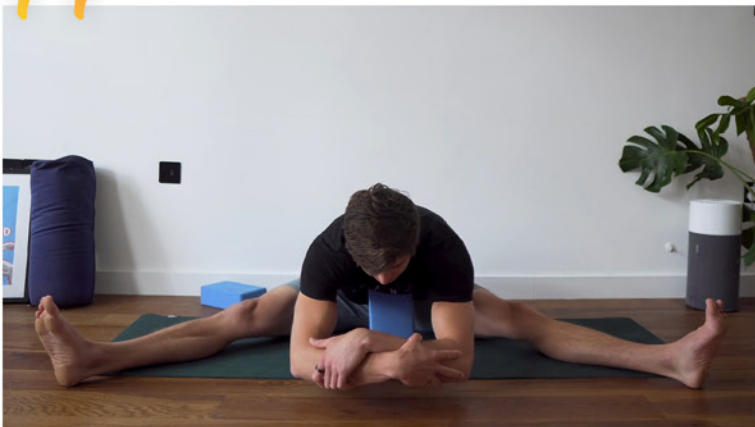
## 10 Seated Pike Stretch

20s



## 11 Pancake Crush

3 reps (5s)



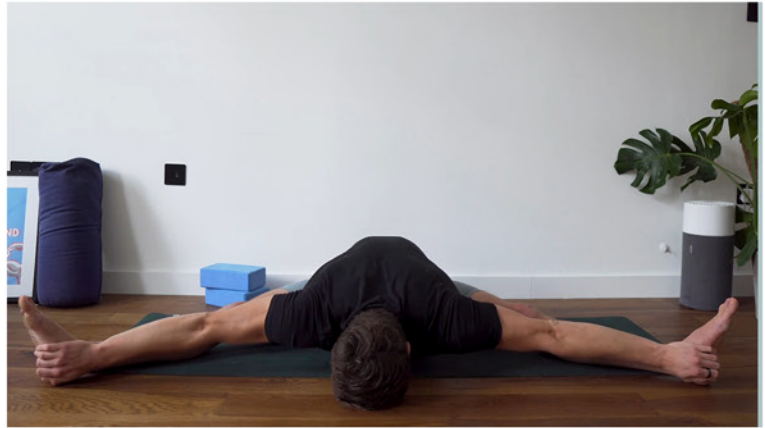
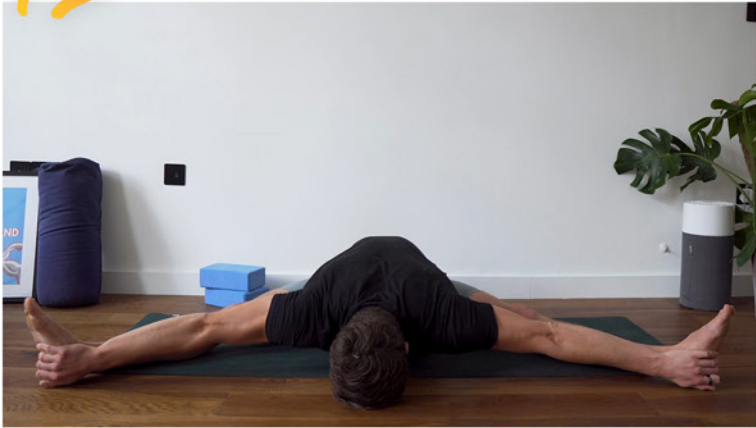
## 12 Pancake Compressions

8 reps



## 13 Pancake

20s



## 14 Upward Dog

30s

