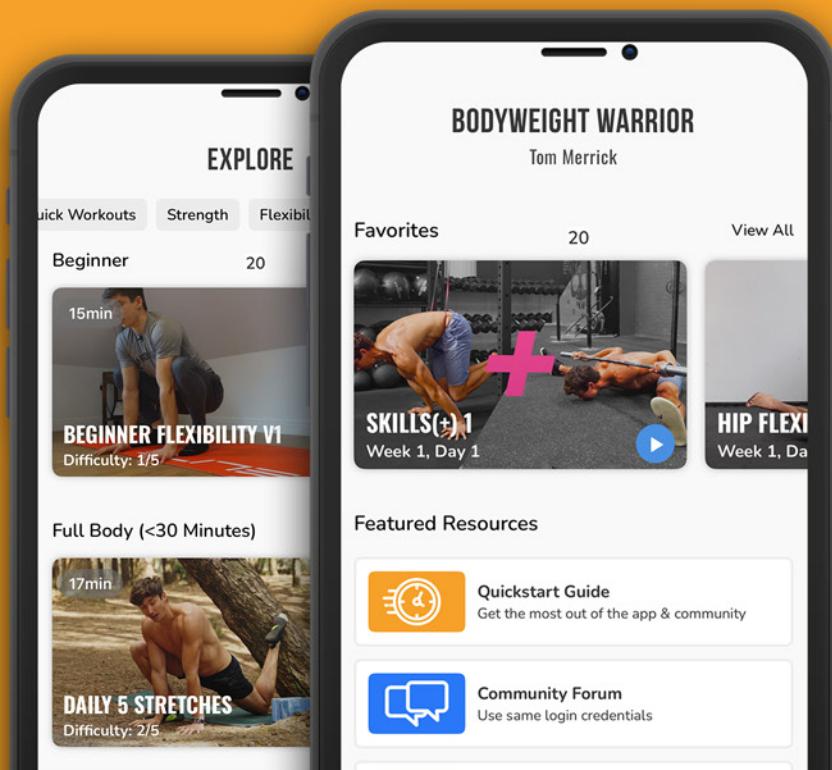


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DURATION: 27 min

DIFFICULTY: 

1 Hip Swivels

10 reps



2 90-90 Glute Stretch with PNF

3 reps (5s) per side



3 Thread the Needle

30s per side



4 Prone Pec Stretch Rocks

5 reps per side



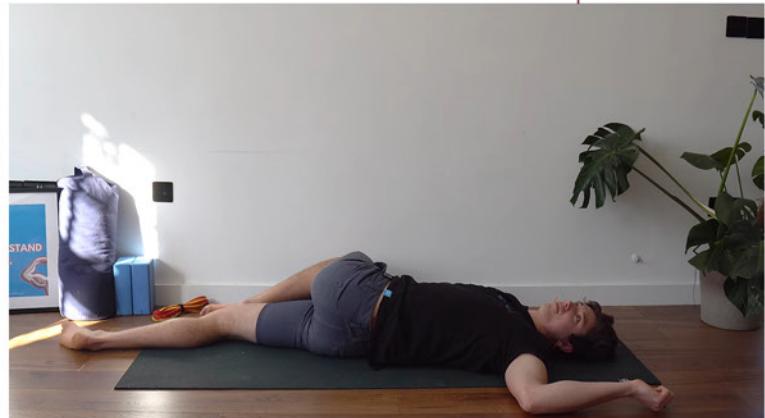
5 Supine Lateral Hamstring Stretch

12 reps per side



6 Lying Spinal Rotation

20s per side



7 Downward Dog Walks

20 reps



8

Kneeling Hip Extension



3 reps (10s)

9

Pike Toe Lifts



3 reps (10s)

10

Hamstring Rocks



5 reps per side

11

Upward Dog



10s

12

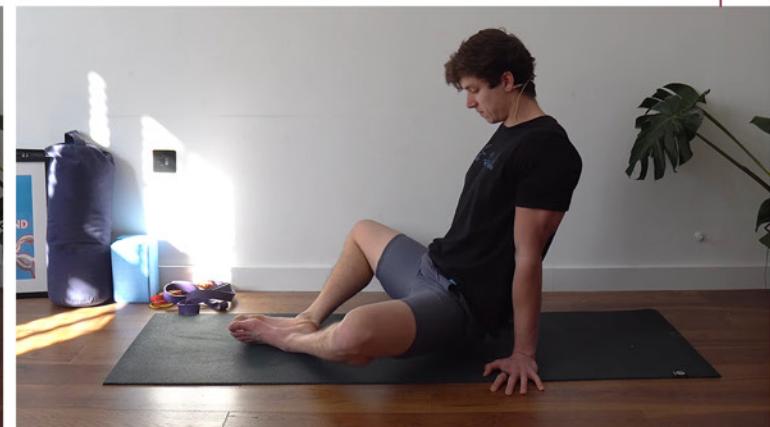
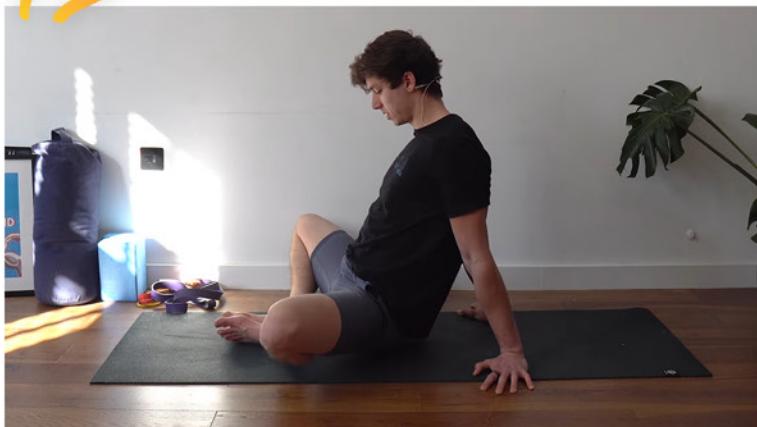
Lying Quad Stretch



30s per side

13

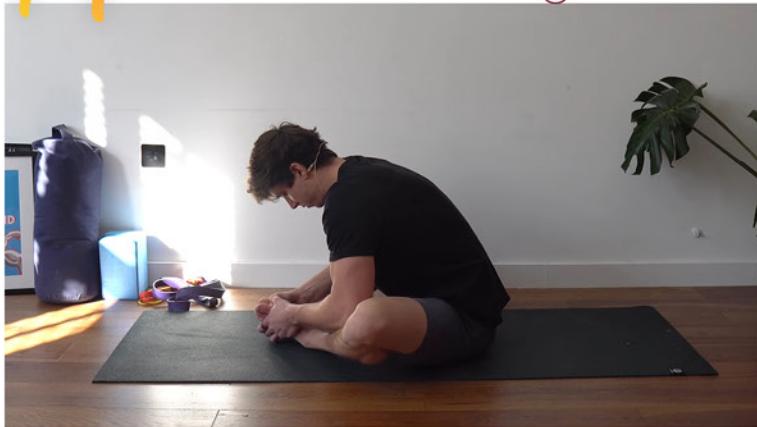
Tailor's Pose Hovers



5 reps

14

Tailor's Pose Hinge



3 reps (5s)

15

Cossack Squats



5 reps

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flow

16 Standing Pancake

20s



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