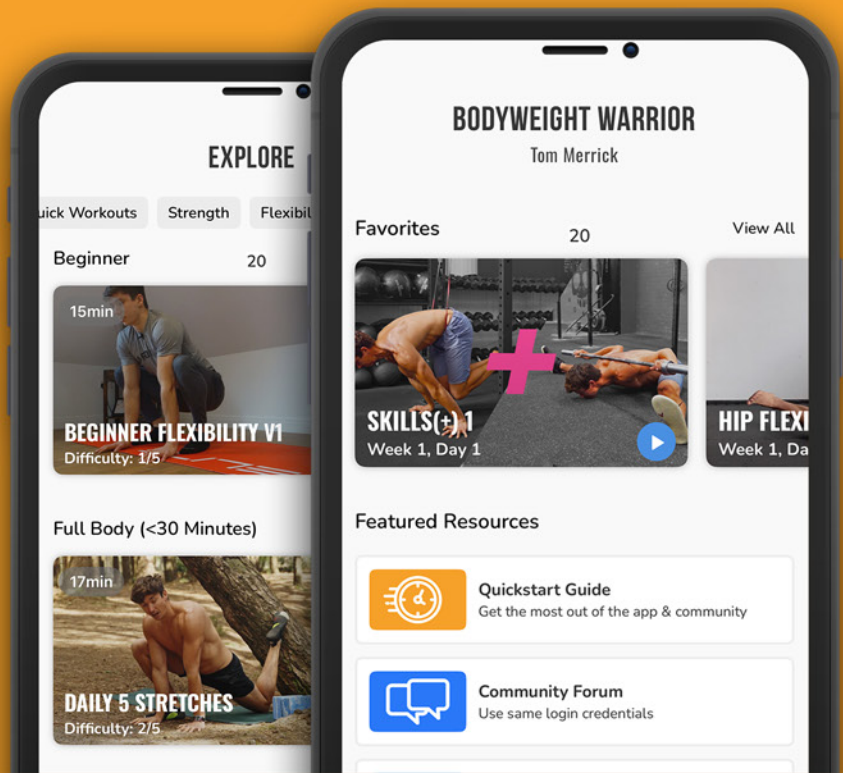


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## 🕒 Big Project Coming Jan 2026

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# Football Flexibility

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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



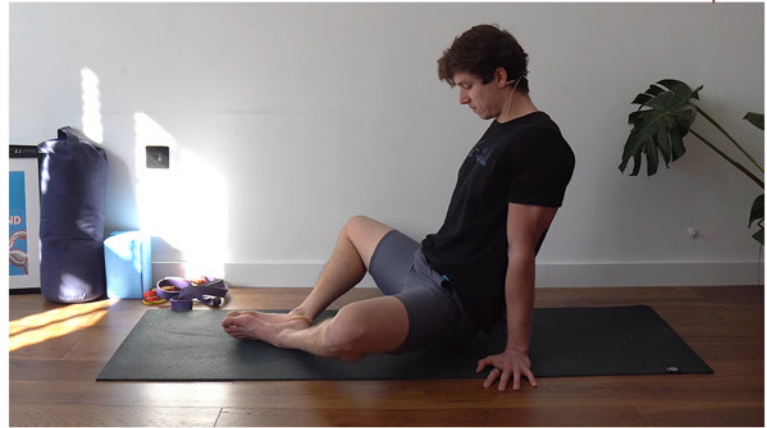
## 12 Lying Quad Stretch

30s per side



## 13 Tailor's Pose Hovers

5 reps



## 14 Tailor's Pose Hinge

3 reps (5s)



## 15 Cossack Squats

5 reps



# 16 Standing Pancake

20s

