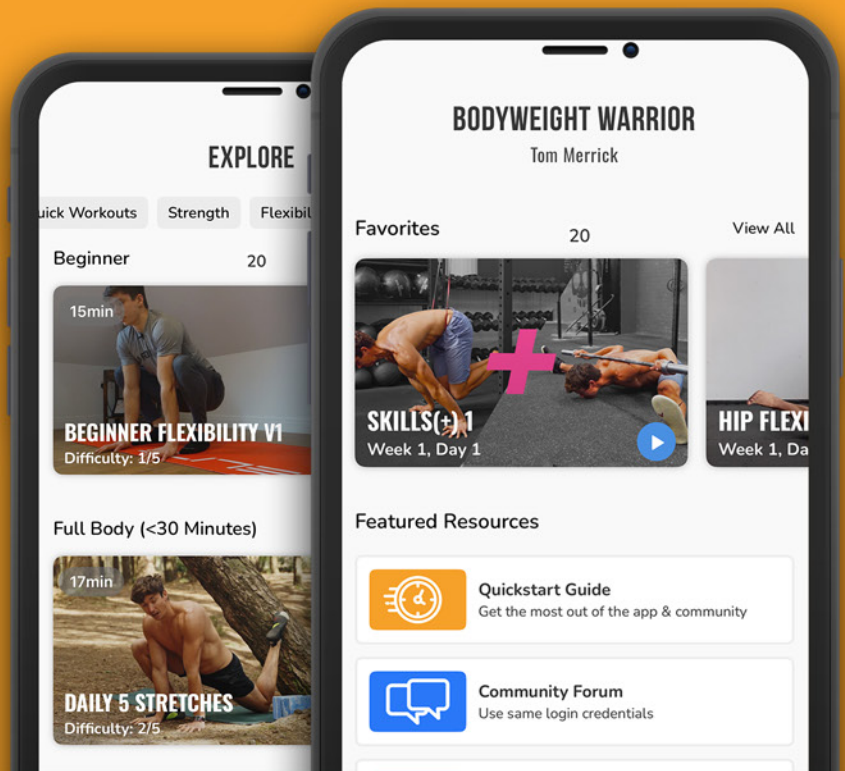


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DURATION: 30 min

DIFFICULTY: ●●●○○

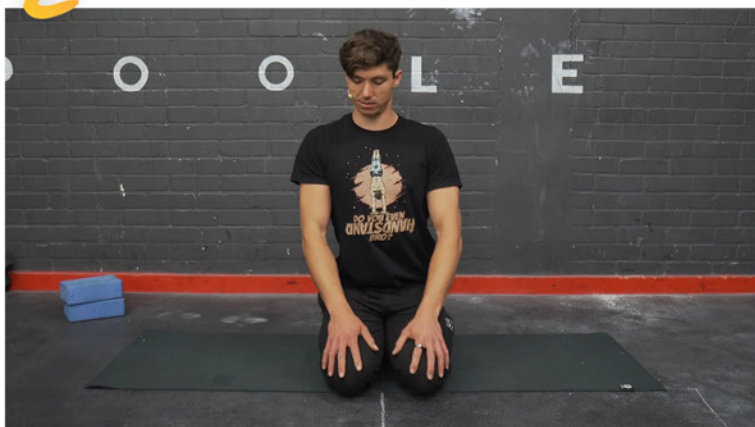
1 Head Circles

5 reps per direction



2 Thoracic Circles

5 reps per direction





3 Sleeper Stretch

60s per side



4 Thread the Needle

30s per side



5 Table Top Lifts

5 reps



6 Lying Pike Rotations

5 reps per side



7 Supine Tailor's Pose Rocks

30s



8 90-90 Glute Stretch with PNF

4 reps (5s) per side



9 Seated Internal Hip Rotation

20s per side



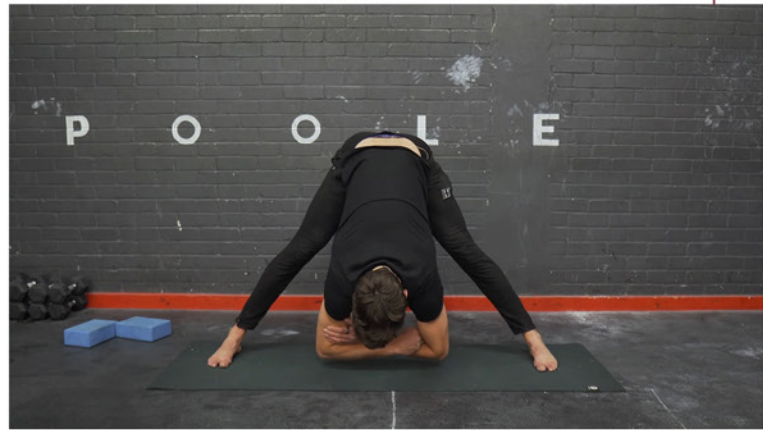
10 Tailor's Pose with PNF

4 reps (5s)



11 Horse Stance to Standing Pancake

10 reps



12 Standing Side Pancake

20s per side



13 Upward Dog

20s



14 Long Lunge Lifts

5 reps per side



15 Kneeling Spinal Extension

30s



16 Elbow Supported Hero's Pose

20s



17 Child's Pose

30s

