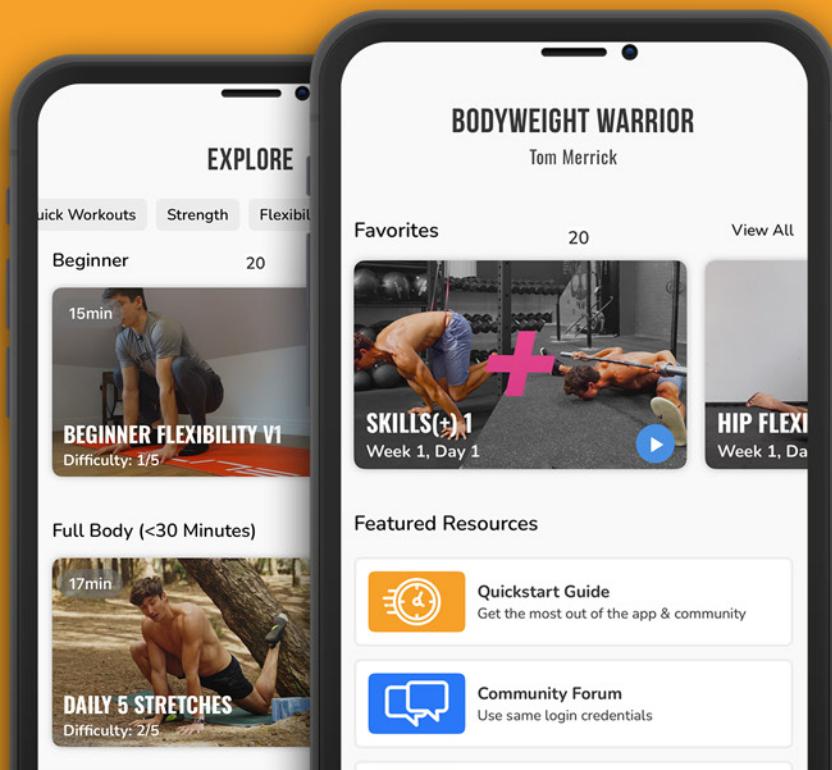


BODYWEIGHT  
**WARRIOR**

**DOWNLOAD NOW**



**✓ 80+ Ad-Free Follow-Along Classes**

Same great routines without the interruptions.



**✓ 100+ Programs & Levels**

Bodyweight skills, flexibility, handstands and more

**✓ Progressive Pathway**

Evolving programs from beginner to advanced

**✓ Community Forum**

Ask your questions and get personalised advice

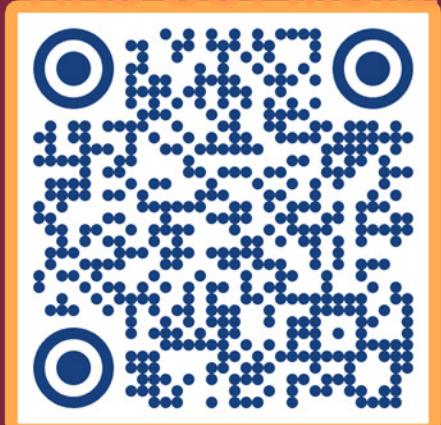
**✓ Assessment & Benchmarks**

Understand your limitations to the right program

**⌚ Big Project Coming Jan 2026**

Be the first to try the FlexFlow approach

**FIND OUT MORE**



# Jiu Jitsu (BJJ) Flexibility

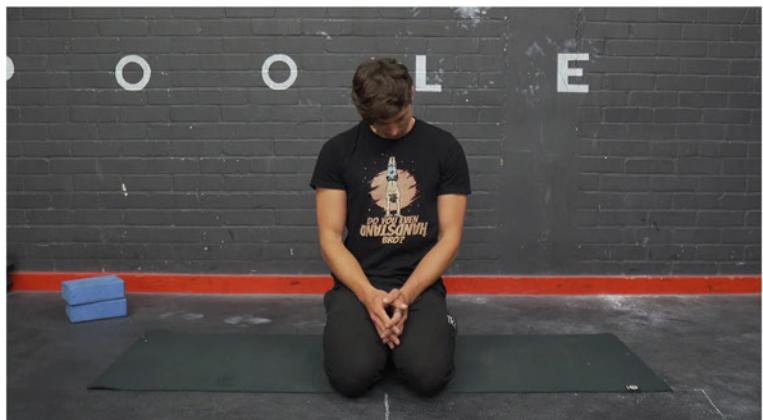
[WATCH AD FREE](#)

[WATCH ON !\[\]\(3dfb8d66e81160ad61421a3452093d1b\_img.jpg\)](#)

DURATION: 30 min

DIFFICULTY: 

## 1 Head Circles



5 reps per direction

## 2 Thoracic Circles



5 reps per direction

BODYWEIGHT

WARRIOR

 thebodyweightwarrior

 BodyweightWarrior

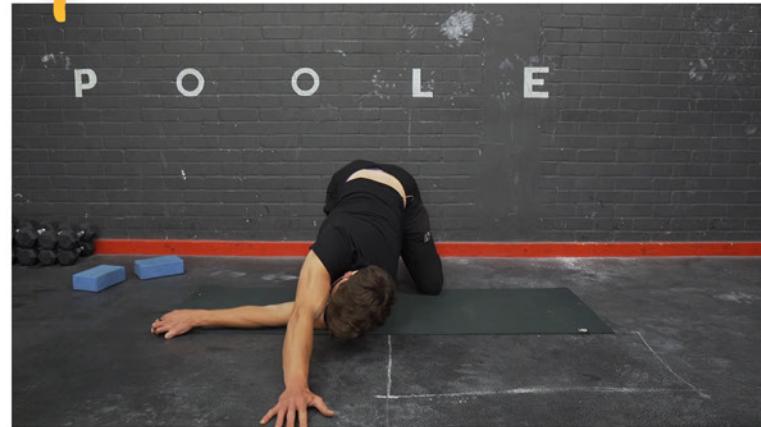
FLEX  
flow



### 3 Sleeper Stretch



### 4 Thread the Needle



### 5 Table Top Lifts



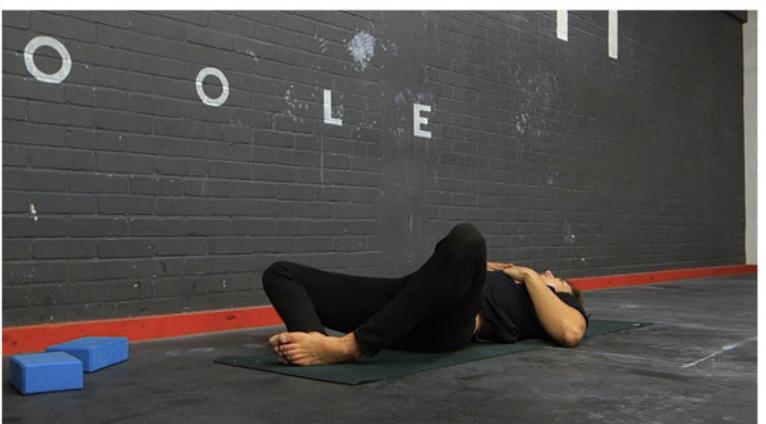
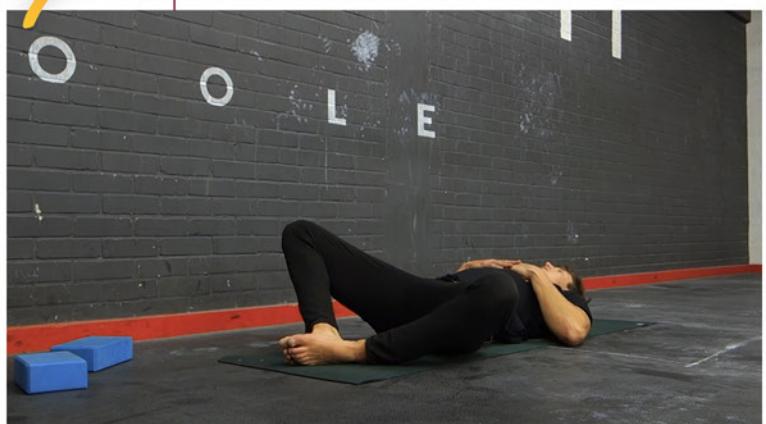
## 6 Lying Pike Rotations

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



BODYWEIGHT

WARRIOR

thebodyweightwarrior

BodyweightWarrior

FLEX

flow

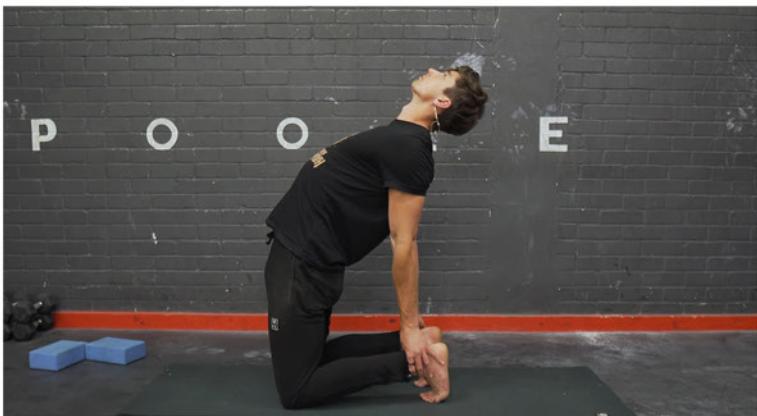
## 14 Long Lunge Lifts

5 reps per side



## 15 Kneeling Spinal Extension

30s



## 16 Elbow Supported Hero's Pose

20s



## 17 Child's Pose

30s

