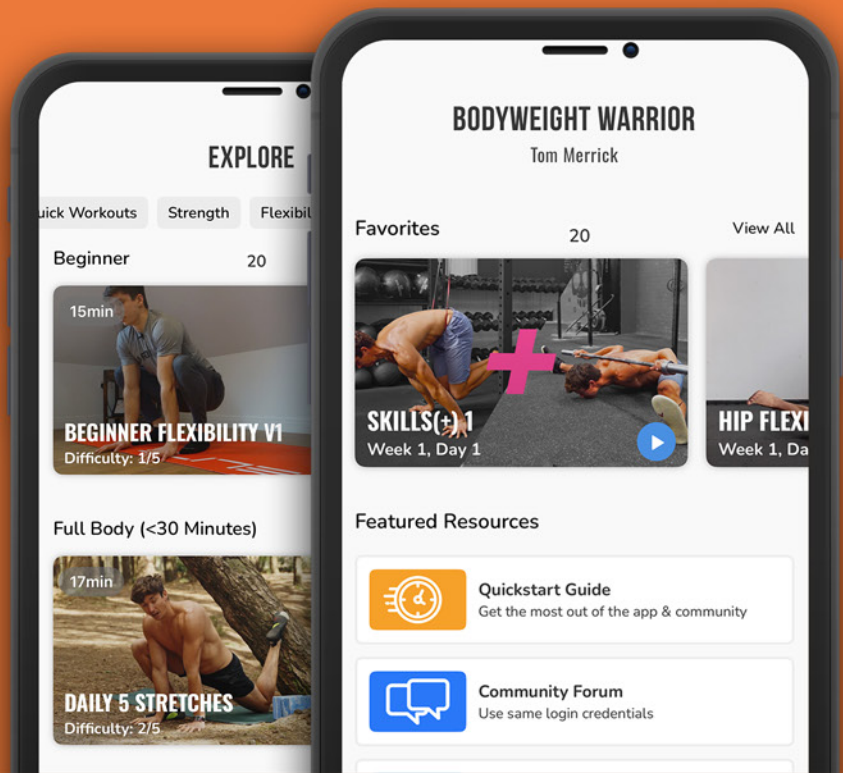


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Upper Flexibility

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DURATION: 30 min

DIFFICULTY: ●●○○○

1 Lateral Head Nods

10 reps per side



2 Head Nods

5 reps



3 Shoulder Tilts

5 reps per side



4 Kneeling Thoracic Rotation

5 reps per side



5 Kneeling Cat Cow

5 reps



6 Upward Dog

15s



7 Downward Dog

15s



8 Thread the Needle with PNF 3 reps (5s) per side



9 Lying Thoracic Rotation 5 reps per side



10 Prone Pec Stretch with PNF 3 reps (5s) per side



11 Thoracic Extension Reach 5 reps (5s)



12 Prone Shoulder Flexion Lifts

5 reps (5s)



13 Extended Cat

60s



14 Prone Butcher's Block

40s



15 Table Top Lifts

5 reps (5s)



16 Shoulder Reach

5 reps (5s)



17 German Sit

60s



18 Lying Spinal Extension

60s

