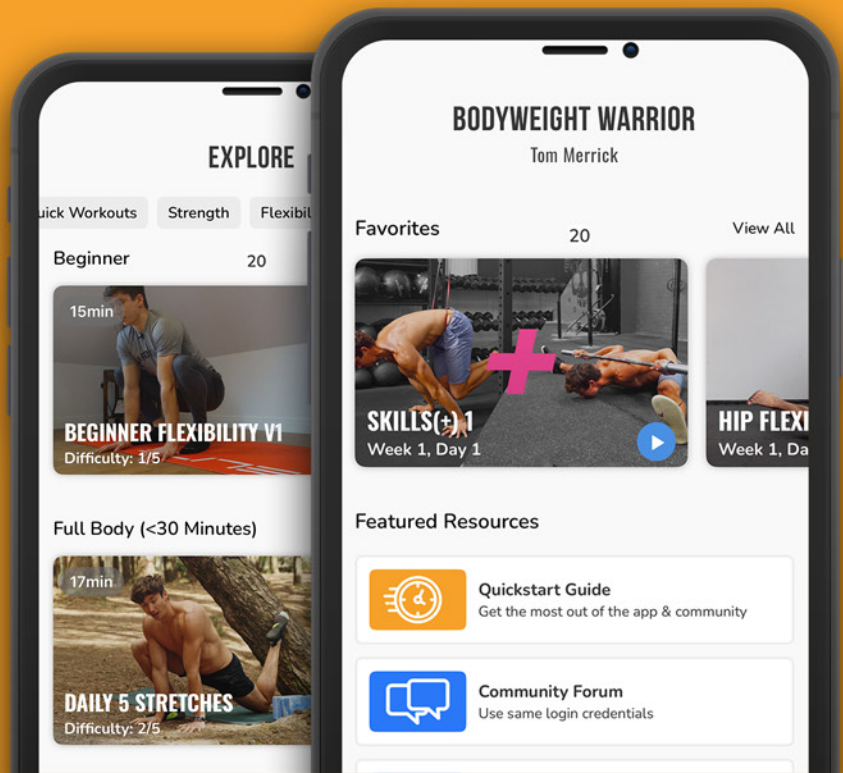


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Full Body Active Flex (1M)

WATCH AD FREE

WATCH ON 

DURATION: 60 min

DIFFICULTY: ●●●●●

1 Lewitt Technique

60s



2 Lateral Neck Stretch

30s per side



3 Thread the Needle

30s per side



4 Sleeper Stretch

60s per side



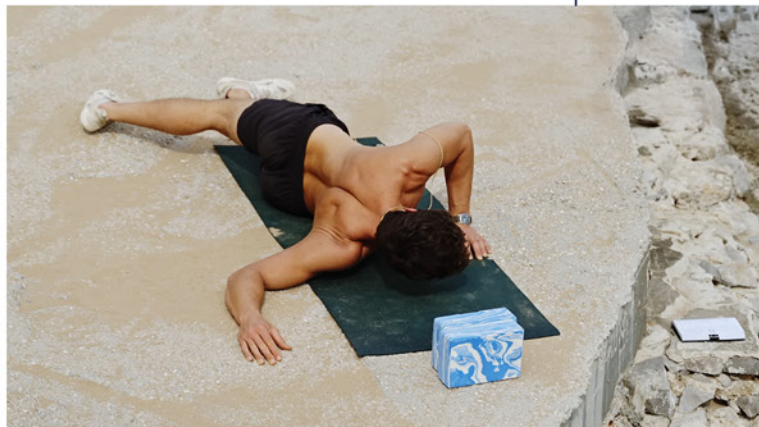
5 Prone Rear Delt Stretch with PNF

30s per side



6 Prone Pec Stretch with PNF

45s per side



7 Prone Swimmers

3 reps





8

Prone Butcher's Block with PNF

60s



9

German Sit

30s



**PERFORM ANOTHER ROUND
OF STRETCHES 7-9**

10 Hip Swivels

5 reps per side



11 Kneeling Cross Glute Stretch

45s



12 Figure 4 Lift

5 reps



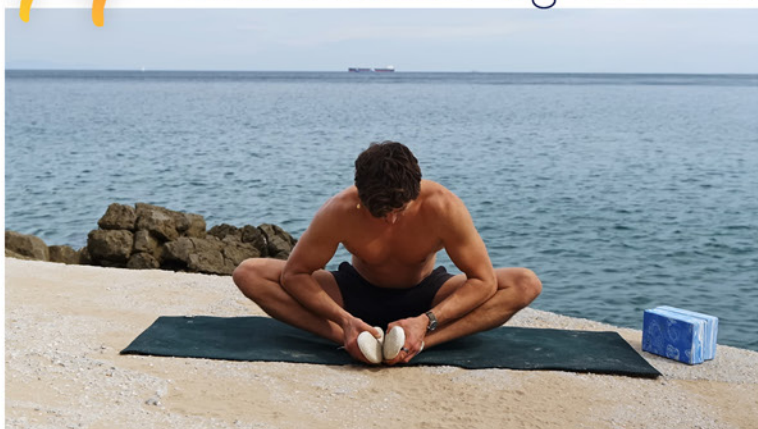
13 90-90 to Pigeon Rocks

60s



14 Tailor's Pose Hug with PNF

60s



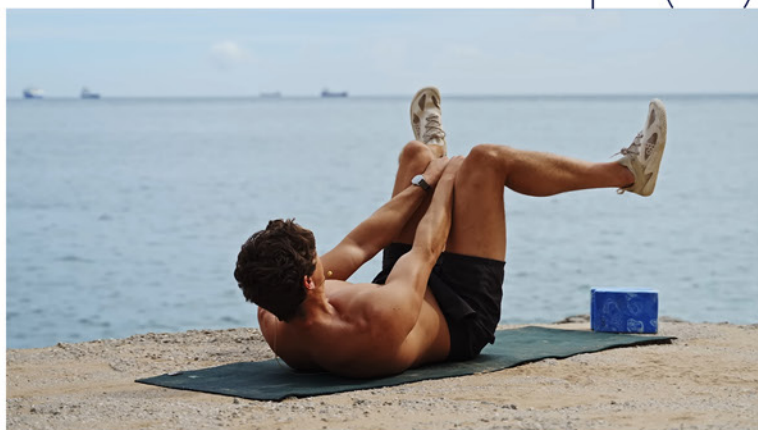
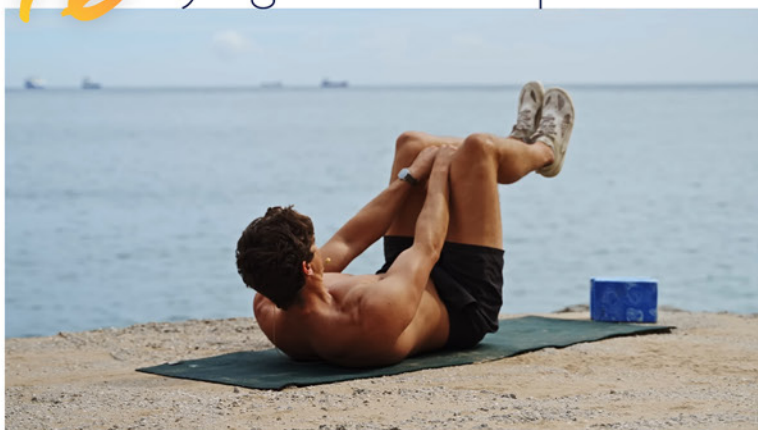
15 Seated Pike Shuffle

2 reps



16 Lying Internal Hip Rotation

2 reps (10s)



17 Standing Pike to Squat

5 reps



PERFORM ANOTHER ROUND OF STRETCHES 15-17

18

McKenzie Push Up

5 reps



19

Kneeling Hip Extension

15s



20

Kneeling Lunge Extension Lifts

5 reps (3s) per side



21 Supine Quad Stretch

45s per side



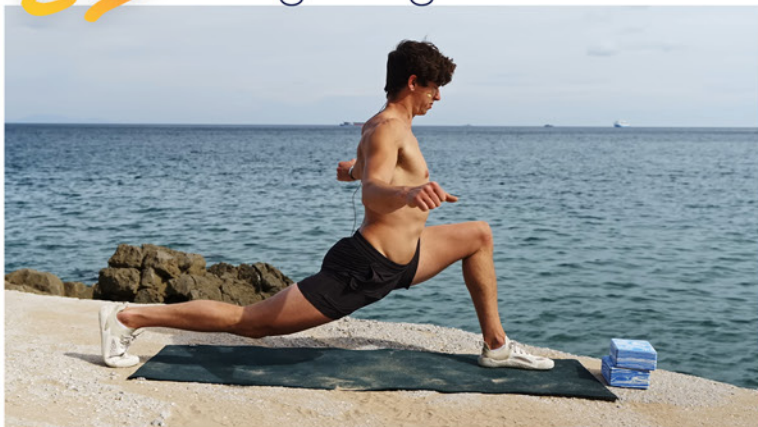
22 Frog Rocks

5 reps



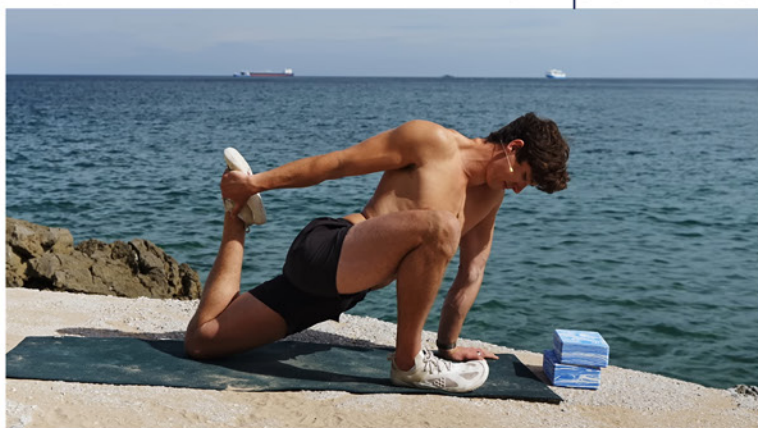
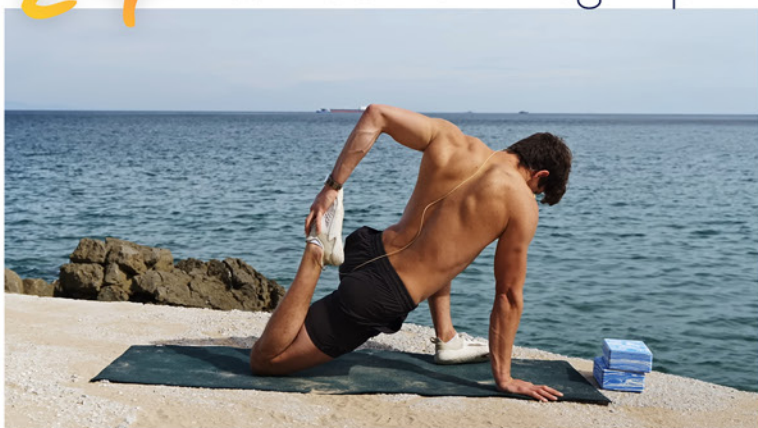
23 Long Lunge Lifts

5 reps (3s) per side



24 Twisted Bent Leg Hip Flexor

45s per side



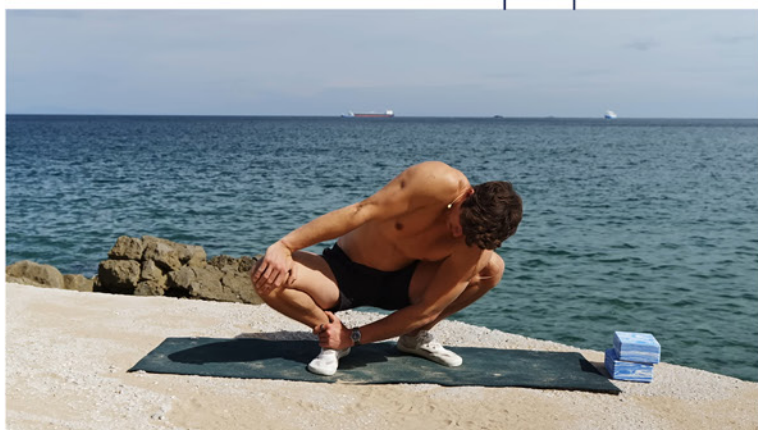
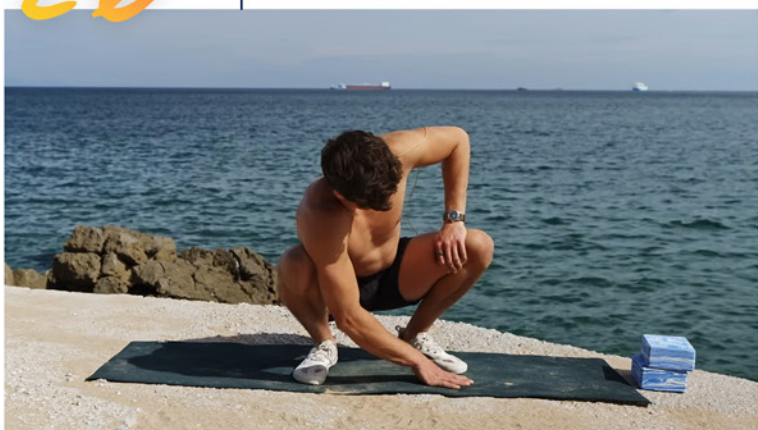
25 Child's Pose

30s



26 Squat Rotation

5 reps per side



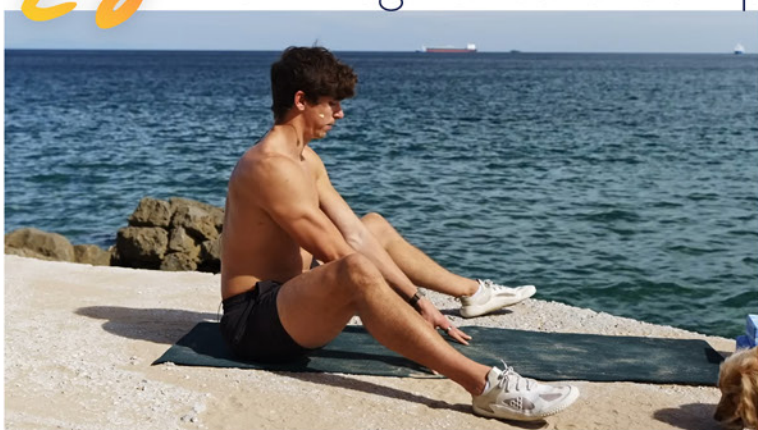
27 Cossack Squat

5 reps per side



28 Bent Leg Pancake Compressions

5 reps (3s)



29 Pancake Good Morning

5 reps



30 Lying Hip Swivels

40s



31 Pancake Compressions

5 reps (3s)



32 Pancake Reach

2 reps (10s)



33 Lying Spinal Extension

30s

