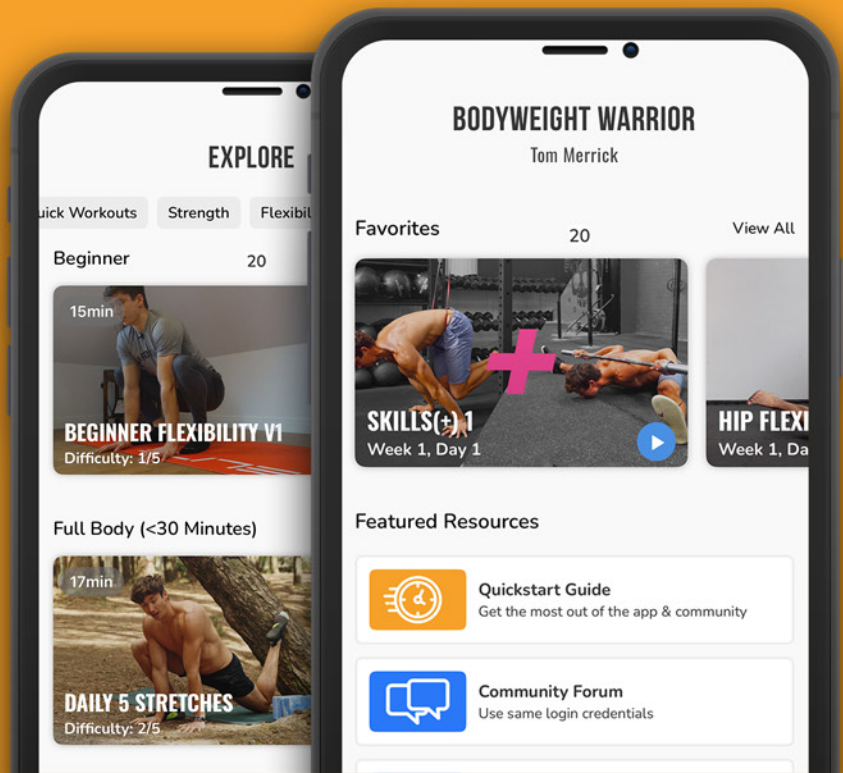


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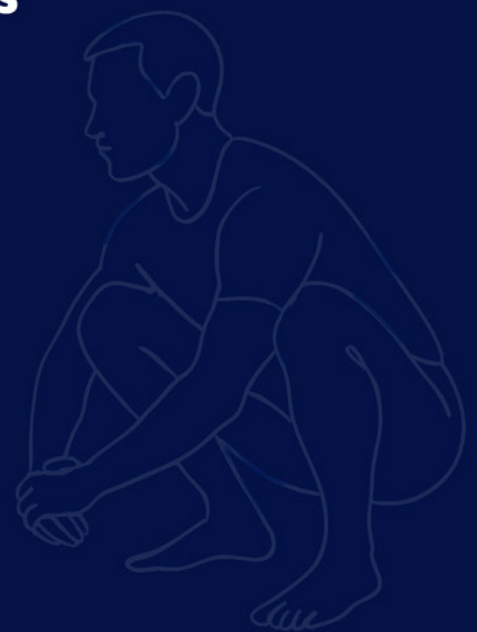
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🕒 Big Project Coming Jan 2026

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Full Body Flex (60)

WATCH AD FREE

WATCH ON 

DURATION: 60 min

DIFFICULTY: ●●●○○

1 Seated Cat Cow

5 reps



2 Lateral Neck Stretch PNF

2 reps (5s) per side



3 Supine Thoracic Circles

5 reps per side



4 Thread the Needle

30s per side



5 Kneeling Prone Pec Stretch

30s per side



6 Twisting Child's Pose

30s per side



7 Upward Dog

20s



8 Downward Dog

20s



9 Upward Dog

10s



10 Downward Dog Calf Raise

10 reps



11 Lunge with Reach

5 reps per side



12 Child's Pose

10s



13 Standing Pike Reach

5 reps



14 Standing Pike Hug

10s



15 Kneeling Hip Extension

5 reps (4s)



16 Elbow Supported Hero Pose

15s



17 Tailor's Pose Hover

5 reps



18 Folded Tailor's Hug

20s



19 Hip Swivels

10 reps



20 90-90 Glute PNF

3 reps per side



21 90-90 Internal Rotation

20s per side



22 Seated Hip Rotation

5 reps



23 Pancake Slide Out

3 reps



24 Frog Rocks

10 reps



25 Sleeper Stretch

60s per side



26 Lying Spinal Extension

90s



27 Posterior Hip Capsule Stretch

90s per side



28 High Bent Leg Hip Flexor

90s per side



29 Standing Pancake

90s

