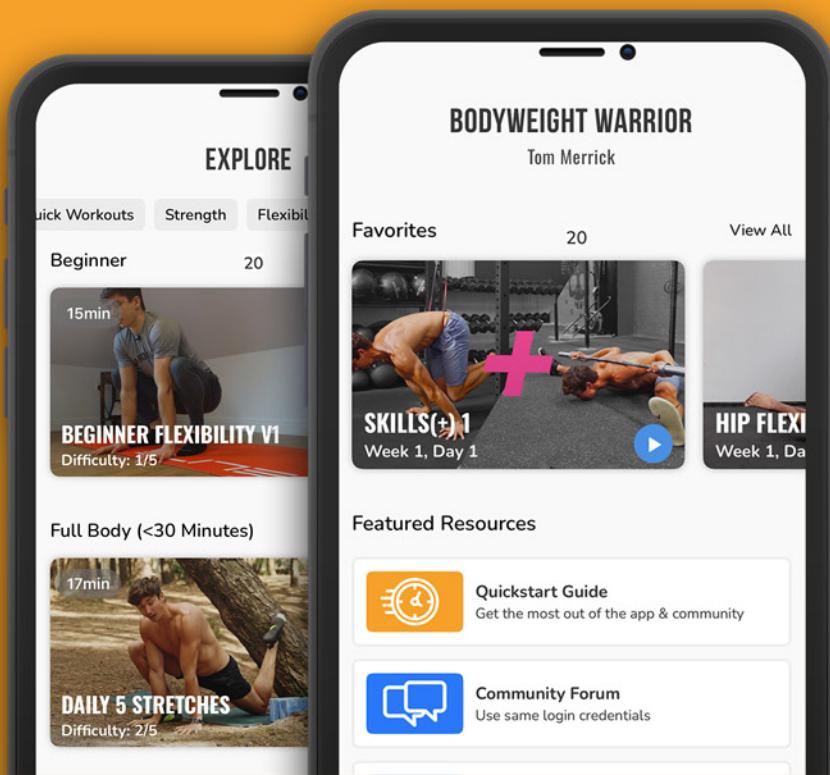


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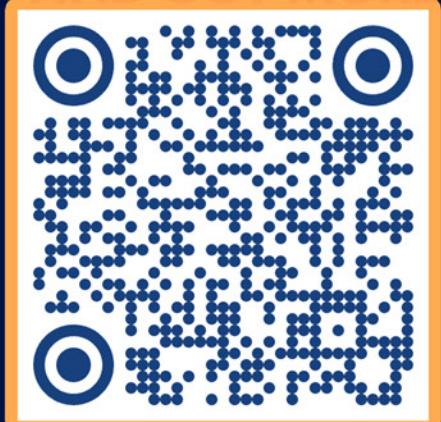
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Full Body Flex (60)

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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

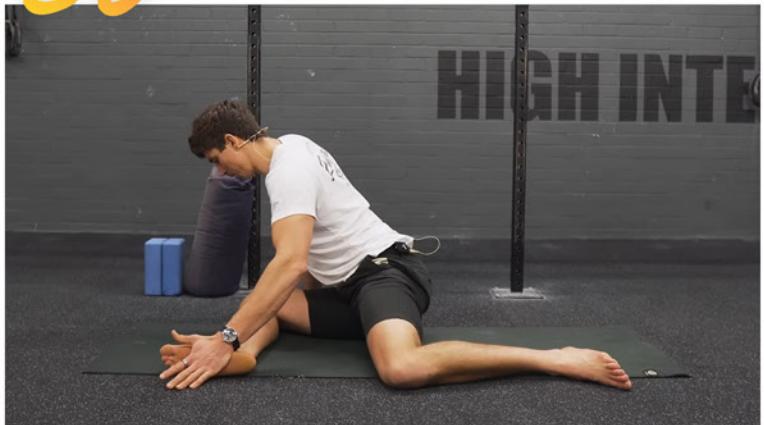
10 reps



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

