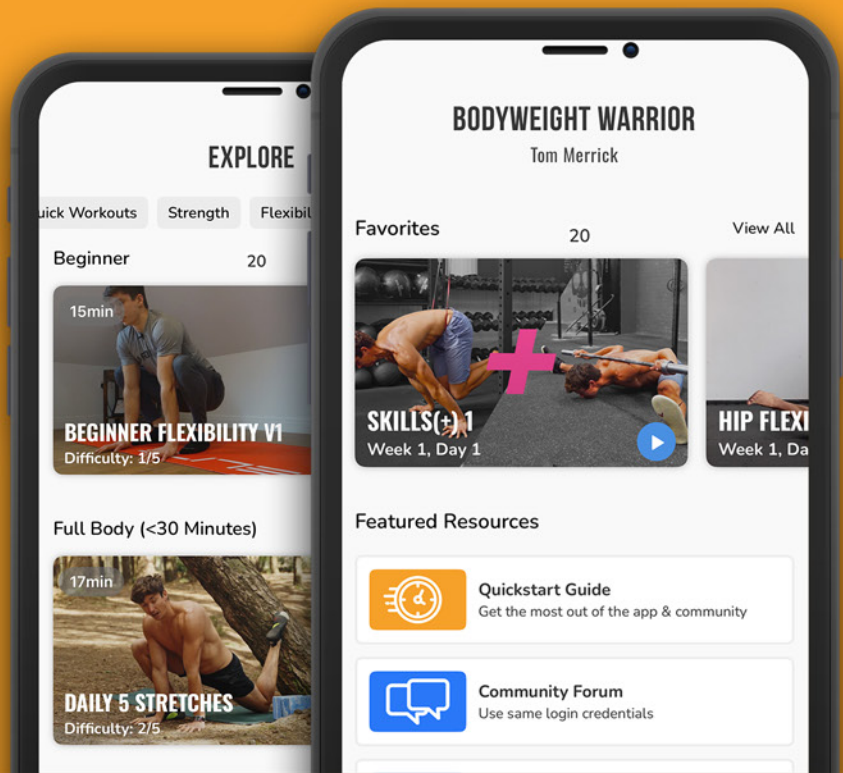


BODYWEIGHT
WARRIOR

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



Full Body PNF Flex (60)

WATCH AD FREE

WATCH ON 

DURATION: 60 min

DIFFICULTY: ●●●●○

1 Lateral Head Stretch

30s per side



2 Levator Scap Stretch

30s per side



3 Shoulder Reach

15s



4 German Sit PNF

3 reps (5s)



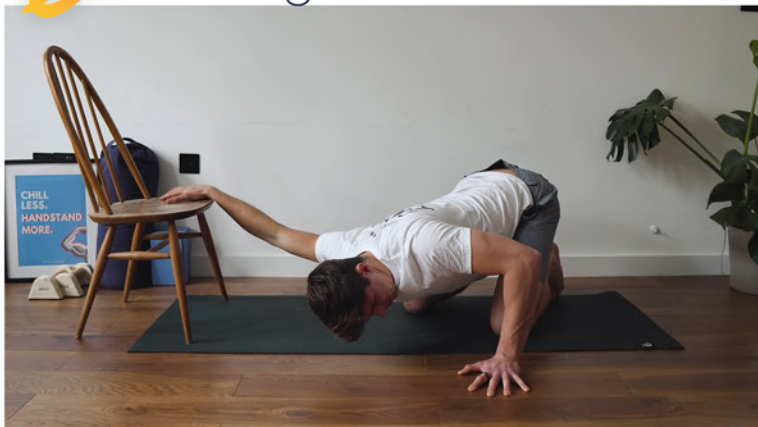
5 Upward Dog

15s



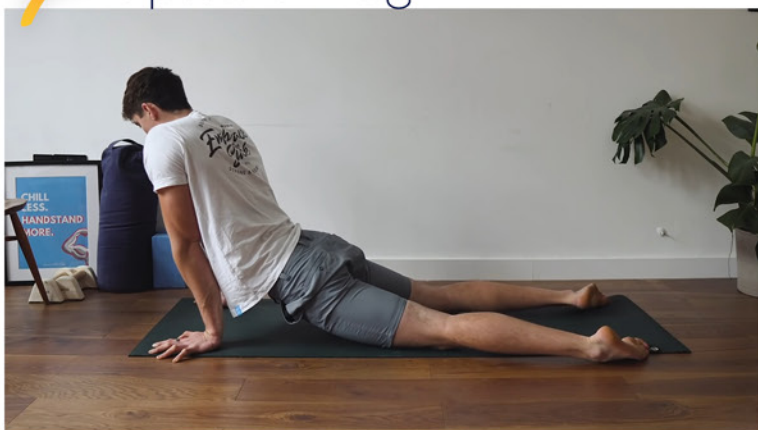
6 Kneeling Pec Stretch PNF

3 reps (5s) per side



7 Upward Dog

15s



8 Sleeper Stretch

60s per side



9 Kneeling Prone Butchers Block PNF

3 reps (5s)



10 Extended Cat

30s



11 Upward Dog

15s



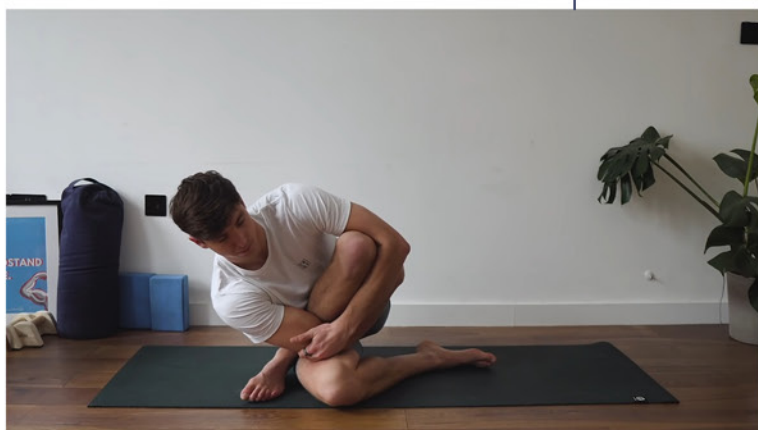
12 Child's Pose

10s



13 Posterior Hip Capsule Stretch

60s per side



14 Pigeon PNF

3 reps (5s) per side



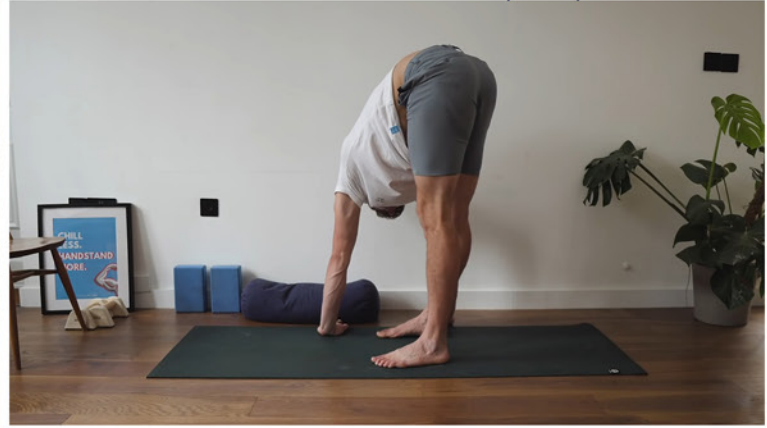
15 Downward Dog Walks

10 reps per side



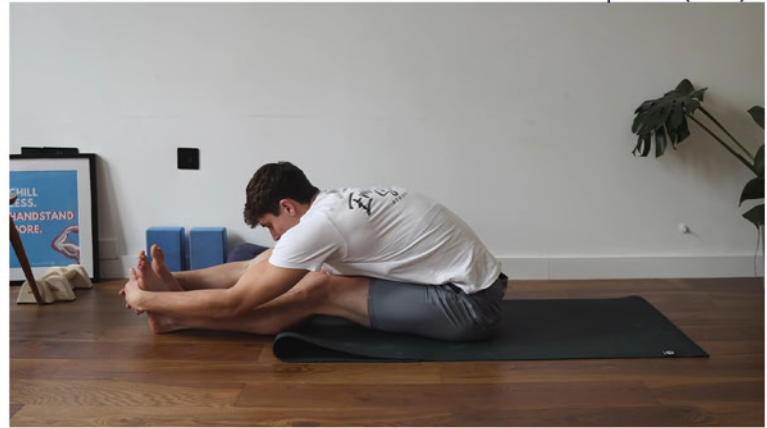
16 Standing Pike Rotations

3 reps per side



17 Pike Hug Slide Out PNF

3 reps (5s)



18 Table Top

10s



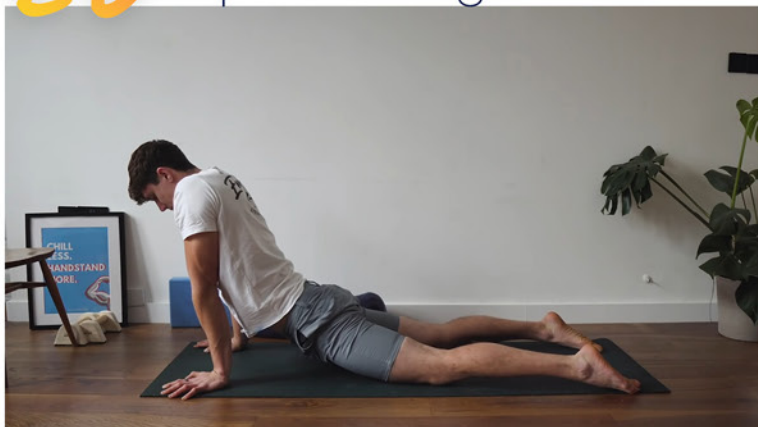
19 Standing Pike PNF

3 reps (5s)



20 Upward Dog

10s



21 Side Low Lunge

30s per side



22 Lying Quad Stretch PNF

3 reps (5s) per side



23 Bent Leg Front Split PNF

3 reps (5s) per side



24 Tailor's Pose PNF

3 reps (5s)



25 Half Side Pancake

30s per side



26 Pancake PNF

3 reps (5s)



27 Supported Hero Pose

60s

