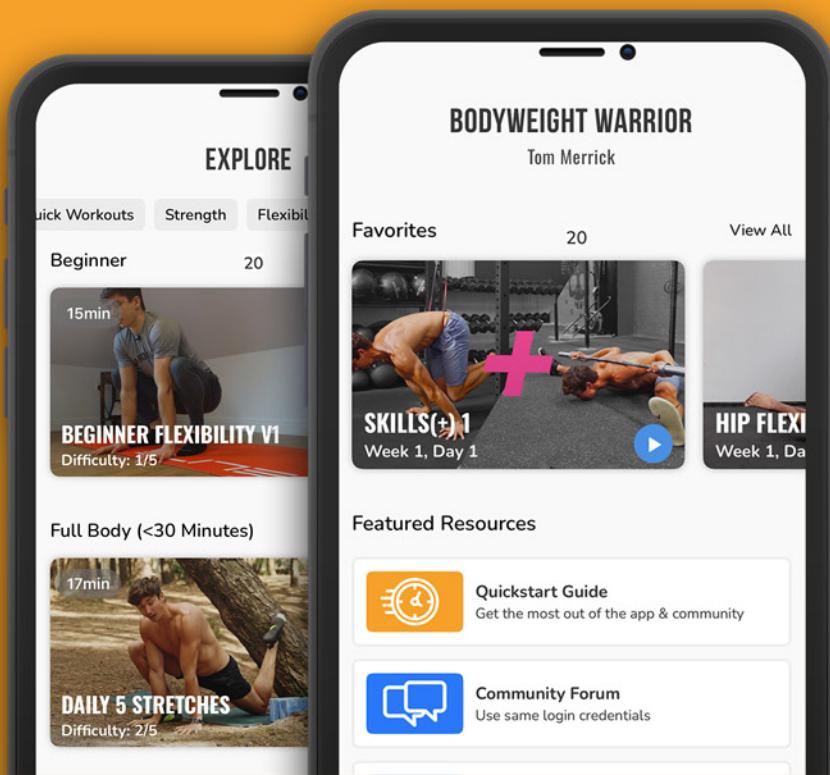


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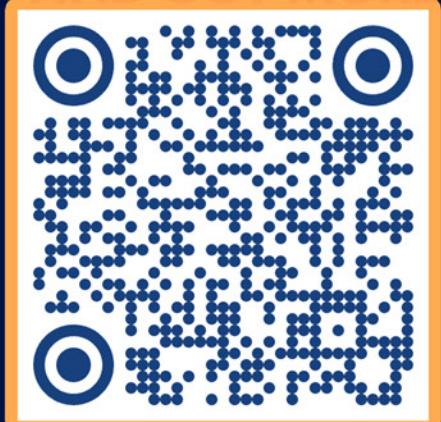
Understand your limitations to the right program

## **Big Project Coming Jan 2026**

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# Full Body PNF Flex (60)

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DURATION: 60 min

DIFFICULTY: 

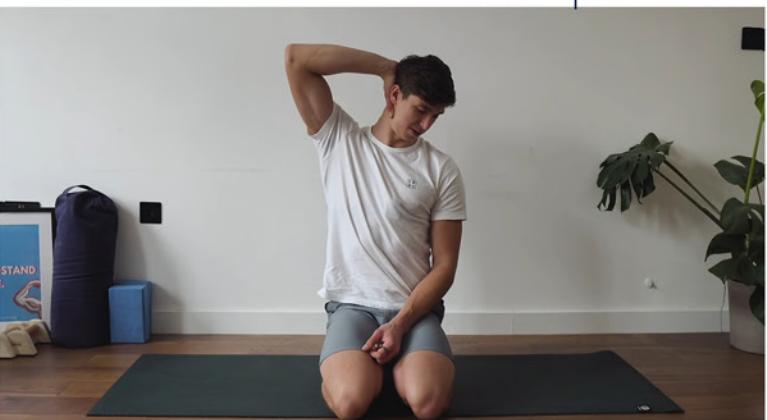
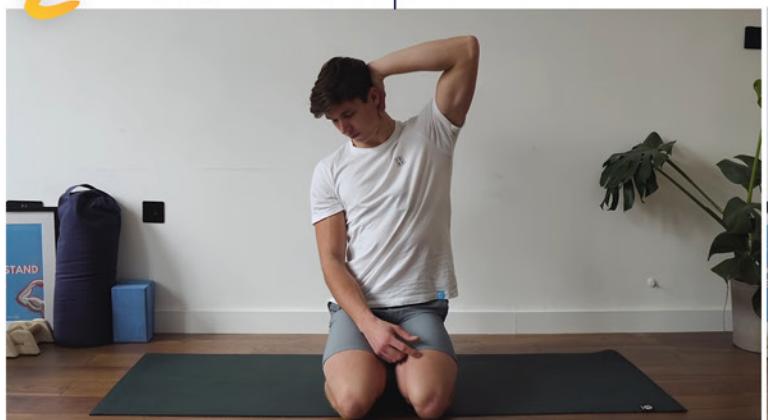
## 1 Lateral Head Stretch

30s per side



## 2 Levator Scap Stretch

30s per side



## 3 Shoulder Reach

15s



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FLEX  
flow

## 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

