

FOLLOW ALONG
BEGINNER FLEXIBILITY
ROUTINE

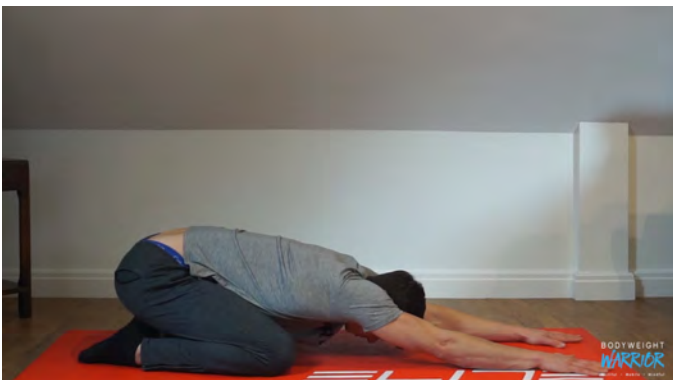
1. Lateral Neck Stretch - 30 seconds per side



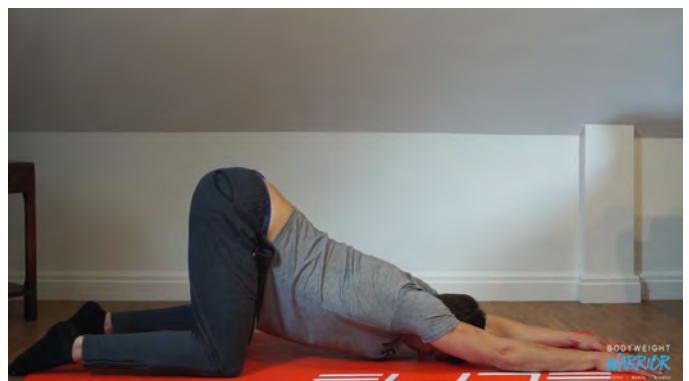
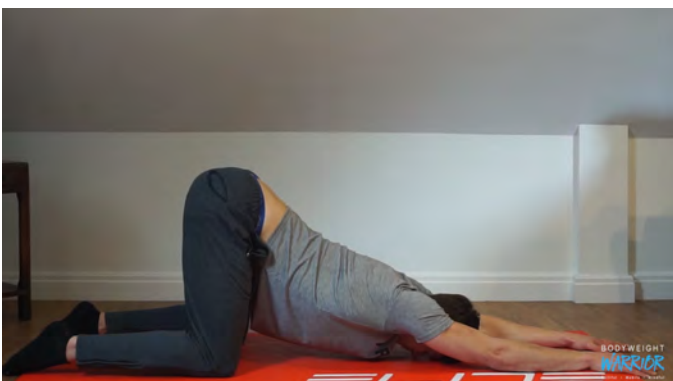
2. Shoulder Reach - 30 seconds



3. Childs Pose - 30 seconds



4. Cat Pose - 30 seconds



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5. Twisting Pec Stretch - 30 seconds per side



6. McKenzie Push Up - 5 reps



7. Lying Knee Tuck - 20 seconds



8. Lying Knee Drop - 5 reps per side

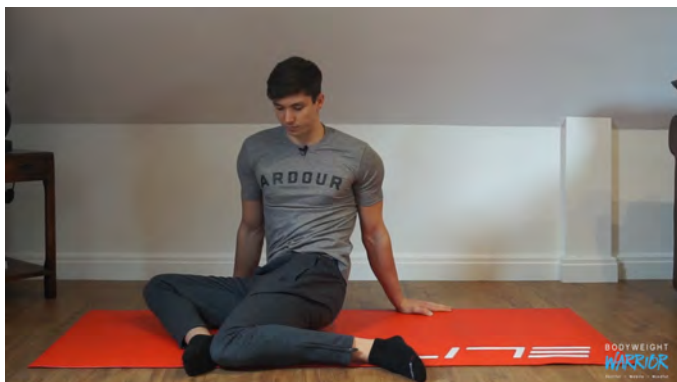


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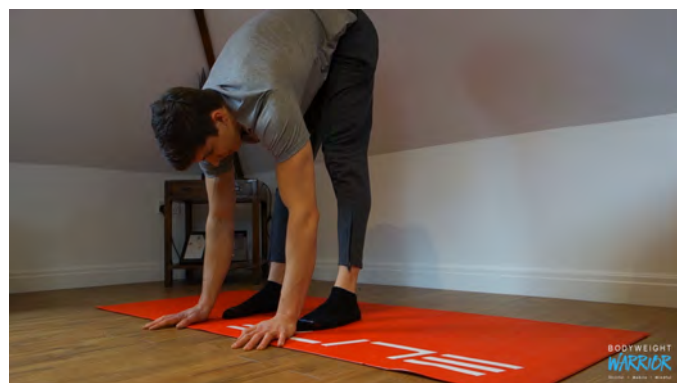
9. Lying Glute Stretch - 30 seconds per side



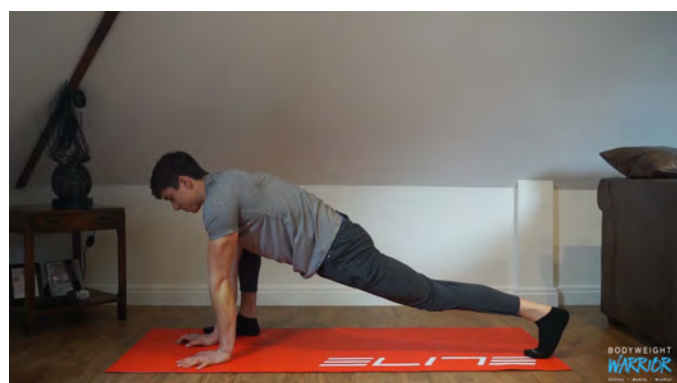
10. Hip Swivel - 5 reps per side



11. Squat To Pike - 5 reps + 20 seconds



12. Low Lunge Stretch - 30 seconds per side



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13. Twisting Lunge Stretch - 30 seconds



14. Frog Rocks - 10 reps + 20 seconds



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