

FOLLOW ALONG
HAMSTRING FLEXIBILITY
ROUTINE

1. Hip Swivel - 10 reps total



2. Tailor Pose Hovers - 5 reps



3. Tailor Pose Side Bend - 30 seconds per side



4. Tailor Pose PNF - 3 reps (5 secs) + 15 seconds



FOLLOW ALONG
HAMSTRING FLEXIBILITY
ROUTINE

5. 90:90 Glute PNF (Chest To Foot) - 3 reps (5 secs) + 15 seconds per side



6. Donkey Calve PNF - 3 reps (5 secs) per side



7. Downward Dog Walks - 20 reps total



8. Across Body Hamstring Glide - 20 reps per side



FOLLOW ALONG
HAMSTRING FLEXIBILITY
ROUTINE

9. Pike Block Crush - 3 reps (5 sec)



10. Pike Hug Slide Out - 3 reps (5 sec) + 15 seconds



11. Pike Block Crush - 3 reps (5 sec)



12. Pike Hug Slide Out - 3 reps (5 sec) + 15 seconds



FOLLOW ALONG
HAMSTRING FLEXIBILITY
ROUTINE

13. Test your pike to see improvements



ENJOYING THE STRETCHING ROUTINES?

**Donate and support Tom continuing
to make free content.**

DONATE HERE