

FOLLOW ALONG  
**FOOTBALL FLEXIBILITY**  
ROUTINE

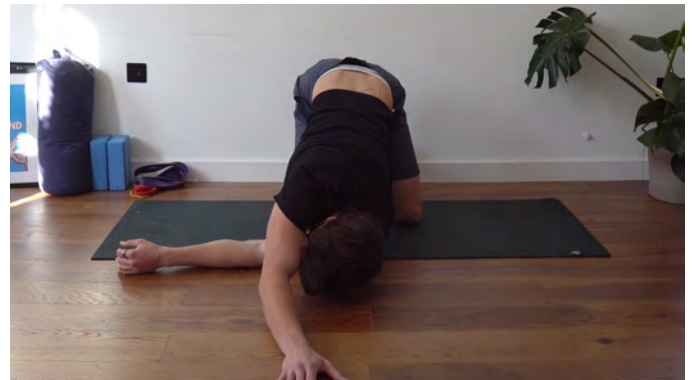
1. Hip Swivels - 10 reps total



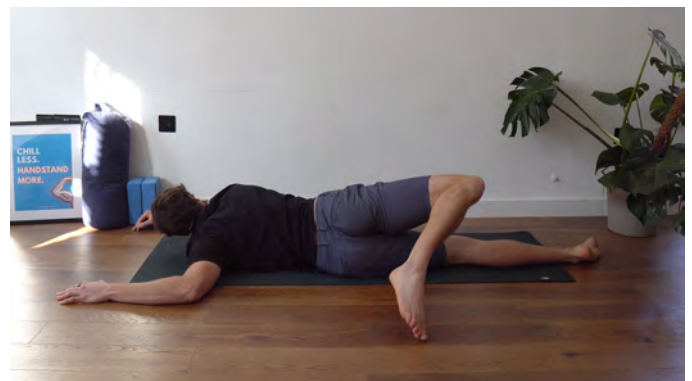
2. 90:90 Glute PNF - 3 reps (5 sec) + 10 sec per side



3. Thread The Needle Stretch - 30 sec per side



4. Prone Scorpion - 5 reps per side

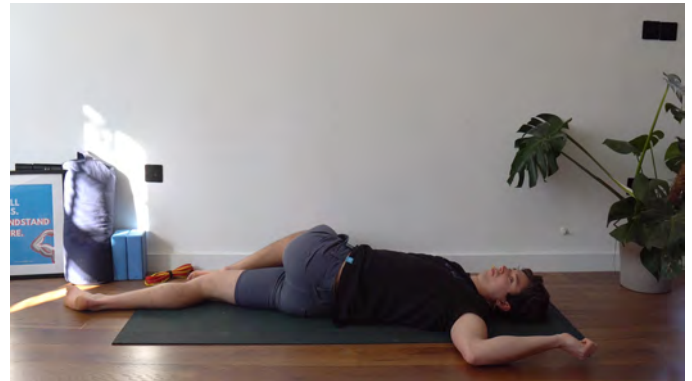


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5. Cross Body Hamstring Glide - 12 reps per side



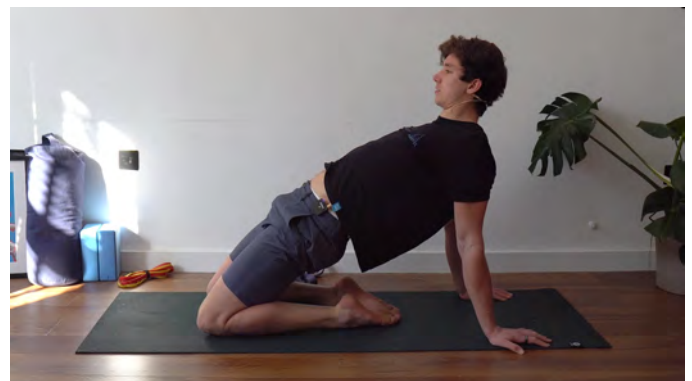
6. Lying Spinal Rotation - 30 sec per side



7. Downward Dog Walks - 20 reps total



8. Kneeling Bridge - 3 reps (10 sec)



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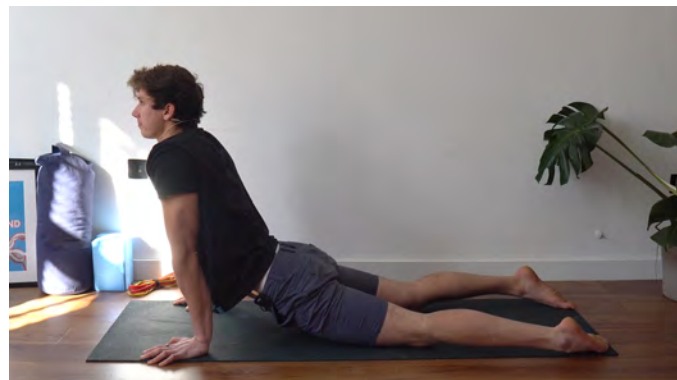
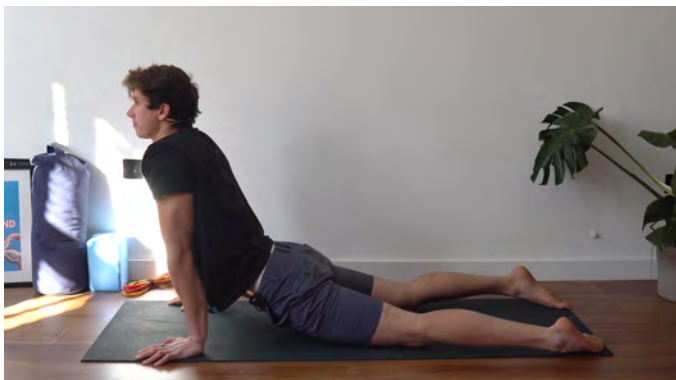
9. Pike Toe Lifts - 3 reps (10 sec)



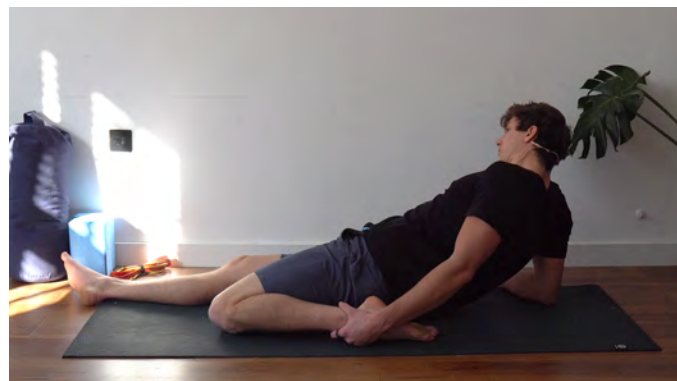
10. Kneeling Hamstring Rock - 5 reps + 10 sec per side



11. Upward Dog - 20 sec



12. Lying Quad Stretch - 30 sec per side

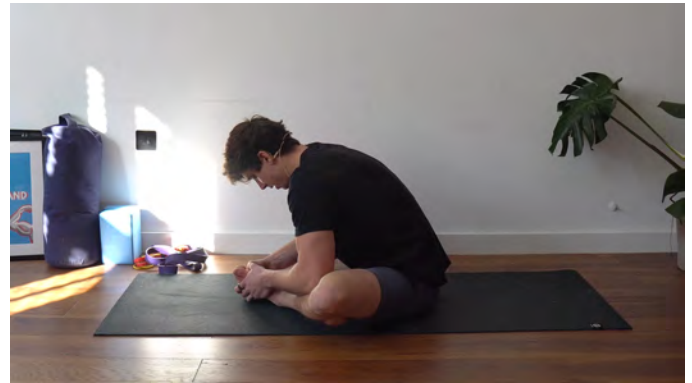
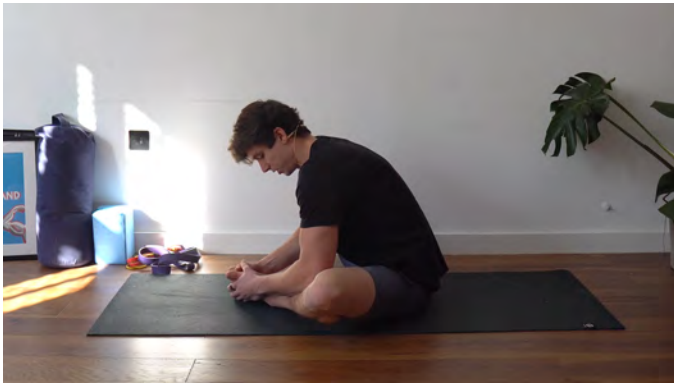


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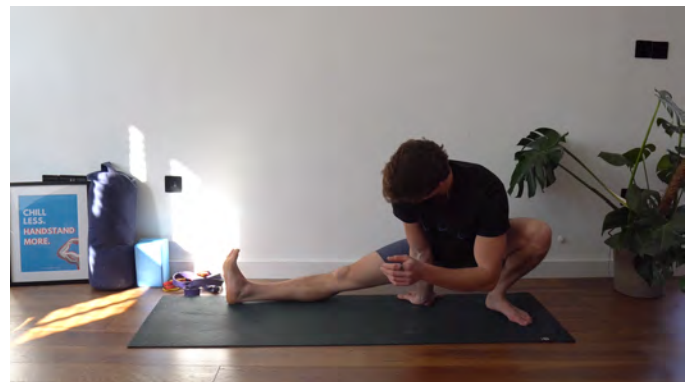
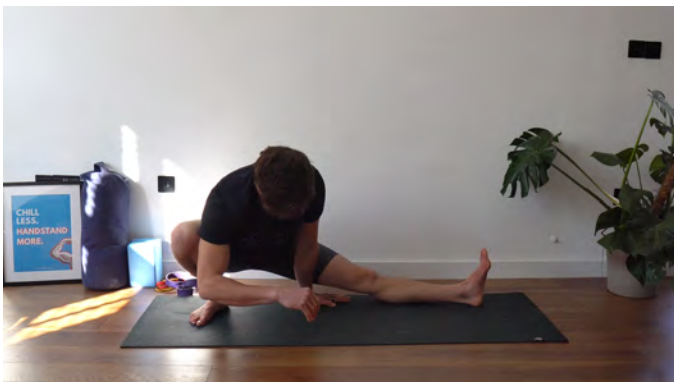
13. Tailor Pose Hovers - 5 reps



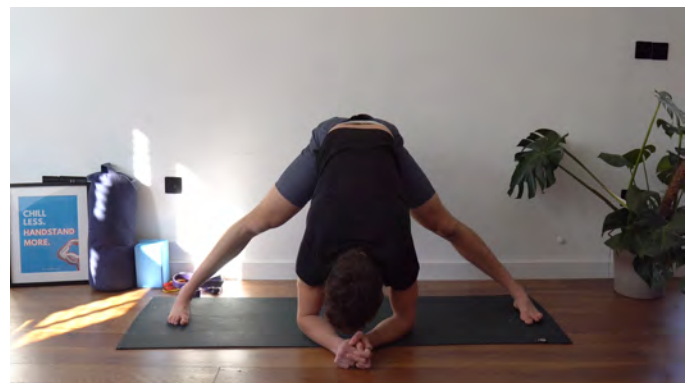
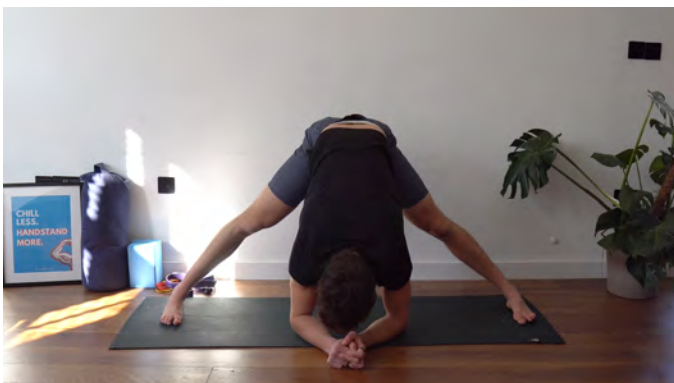
14. Tailor Pose PNF - 3 reps (5 sec) + 10 sec



15. Cossack Squat Shifts - 5 per side



16. Standing Pancake - 30 sec



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