

FULL BODY FLEXIBILITY ROUTINE

MOVEMENT

REPS

1. Neck Rolls (Extension, Flexion, Lateral Flexion) 3 reps per position
2. Spinal Rolls (Extension, Flexion, Lateral Flexion) 3 reps per position
3. Downward Dog 20s
4. Upward Dog 20s
5. Prone Pec Stretch With Rotation (Left & Right) 30-50s per side
6. Child Pose 20s
7. Thread The Needle (Left & Right) 30-50s per side
8. Butchers Block 30-50s
9. McKenzie Push Up 3 reps
10. Contralateral Extension (Left Arm & Right Leg) 20-30s
11. Lunge with Twist (Right Leg) 30-50s
12. Elbow Lunge (Right Leg) 30-50s
13. 90:90 Stretch (Right Leg) 20-30s per position
14. Pike Pulls 30-50s
15. Reverse Plank 20-30s
16. Squat 30-50s
17. Contralateral Extension (Right Arm & leftLeg) 20-30s
18. Lunge with Twist (Left Leg) 30-50s
19. Elbow Lunge (Left Leg) 30-50s
20. 90:90 Stretch (Left Leg) 20-30s per position
21. Pancake Pulls 30-50s
22. Reverse Plank 20-30s
23. Squat 30-50s