

BEGINNER FLEXIBILITY ROUTINE

MOVEMENT

REPS

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| 1. Neck Side Flexion | 30 secs per side |
| 2. Shoulder Extension Reaches | 30 secs |
| 3. Child Pose | 20 secs |
| 4. Child Pose with Lat Focus | 30 secs |
| 5. Child Pose with Pec Twist | 30 secs per side |
| 6. McKenzie Push Up | 5 reps |
| 7. Leg Tuck Up | 20 secs |
| 8. Leg Side Drops | 5 reps per side |
| 9. Cross Body Glute Pull | 30 secs per side |
| 10. Hip Swivels | 5 reps per side |
| 11. Squat To Pike | 5 reps + 10 sec pause |
| 12. Low Lunge (Left Leg) | 30 secs |
| 13. Lunge with Twist (Left Leg) | 30 secs |
| 14. Frog Pose Rocks | 30 secs |
| 15. Low Lunge (Right Leg) | 30 secs |
| 16. Lunge with Twist (Right Leg) | 30 secs |
| 17. Frog Pose Rocks | 30 secs |
| 18. Squat | 30 secs |