

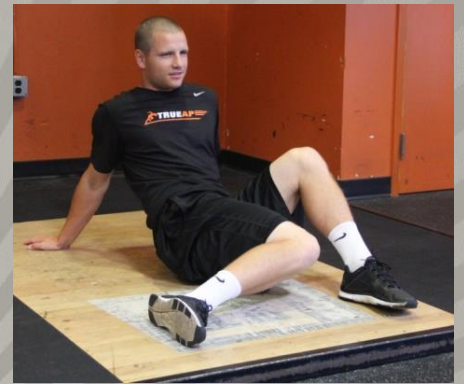
Pre or Post Workout! 5-10 reps w/10s hold each



All 4's Thoracic Rot.



Single Leg Frog Stretch



Hip Openers



Cossack Squat



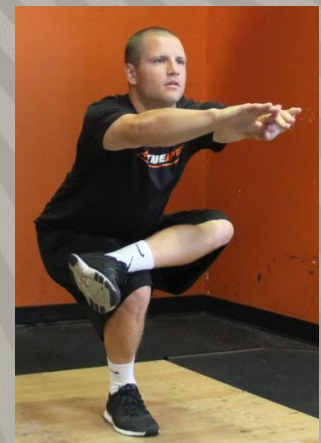
Carioca Knee Drop



Instep Lunge (Warrior)



Push 90-90 w/ Reach



Single Leg Squat w/ Reach