

MOVE BETTER FEEL BETTER

EXERCISE LIBRARY

FLEXIBILITY







Kneeling hip flexor



**Overhead reach
(Advanced)**



Standing quadricep



Lying quadricep





Lying hamstring



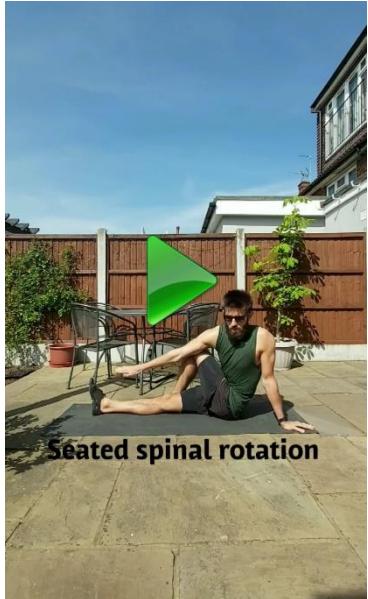
Lying glute
(Advanced)



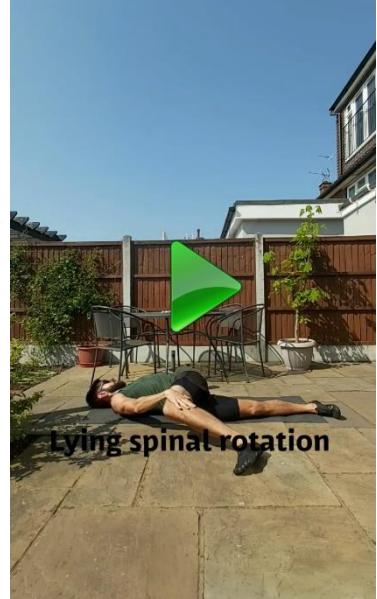
90/90



Pigeon



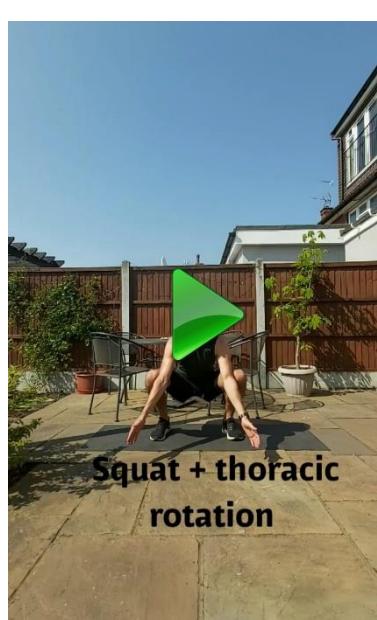
Seated spinal rotation



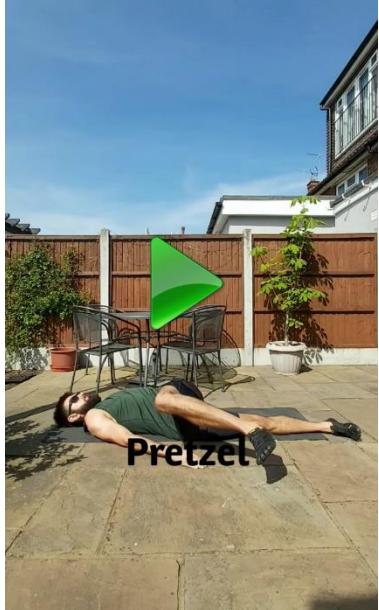
Lying spinal rotation



Gorilla



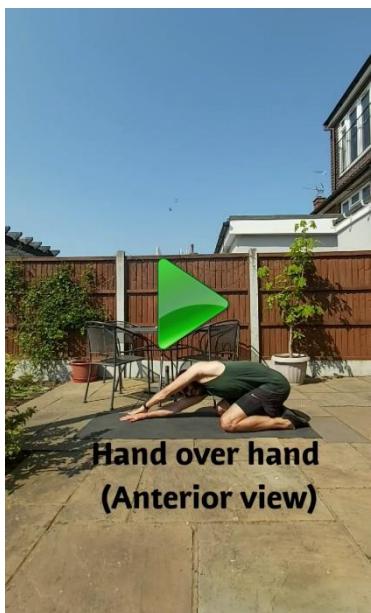
Squat + thoracic rotation



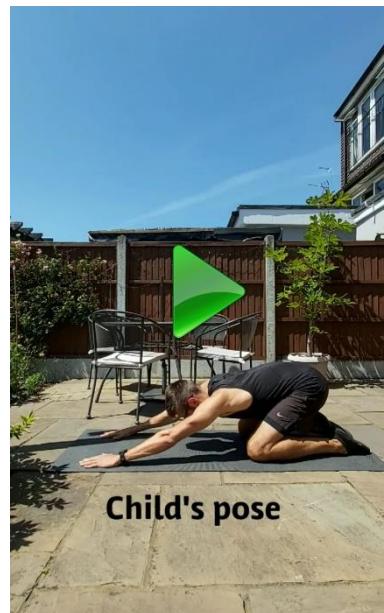
Pretzel



Thread the needle



Hand over hand
(Anterior view)



Child's pose



