



BALANCED FLEXIBILITY



Lying 1 Knee To Chest
Opposite Straight



Wall Prisoner
Arms Groin V



Wall Lying Crossover
Lateral Hip



Lying Knee Drop Inner
Thigh Arms Ext Rot



Side Lying Crossover
Spinal Rotation



Side Lying Heel To Butt



Face Down Heel To Butt



Child's Pose With
Posterior Shoulder



Seated Chest Up Front
Shoulder Stretch

HOLD ALL STRETCHES FOR 1MIN, IDEALLY 2-3 MINUTES. REPEAT ON TIGHT SIDE