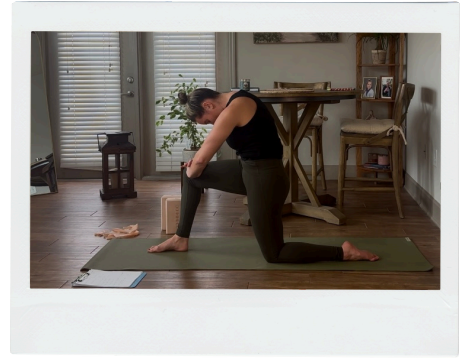
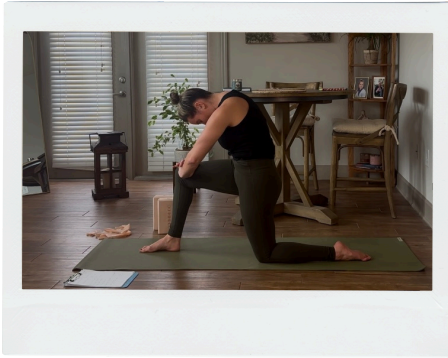


Front Split Daily Mobility

START WITH BREATH-WORK & WARM UP WITH 3-6 ROUNDS OF SUN SALUTATIONS (AS SHOWN IN THE VIDEO)



Pelvis tuck and arch. 10x reps + 30 second hold per side



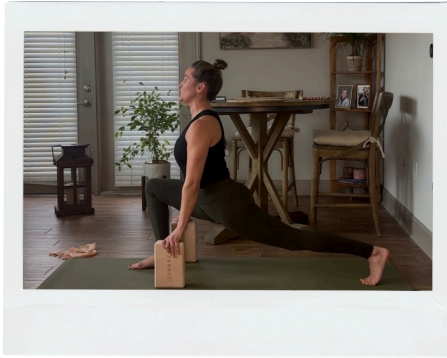
Low lunge - half split. 10x reps each side. Bonus hold +30 seconds in each position at the end



Half split flex and point foot. 10x reps each side



Low lunge knee taps. 10x reps each side



High lunge to triangle. 10x reps each side



Low lunge heel taps. 10x reps each side



Hamstring bend & extend. 10x reps + 30 second hold each side



From Head to Toe Academy



Standing forward fold with block squeeze and band. 30-45 seconds hold