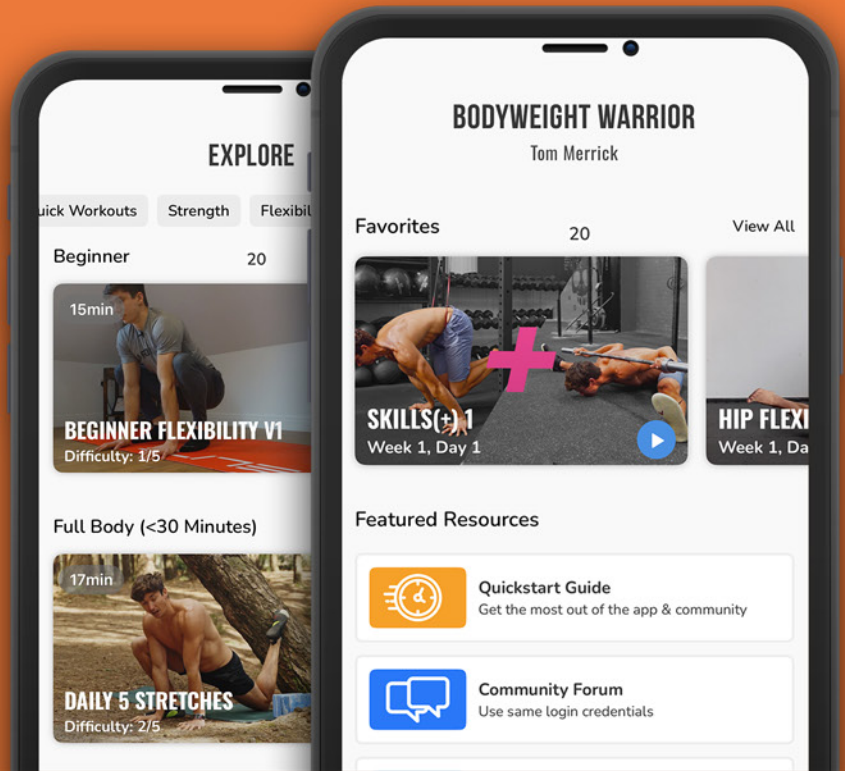


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🕒 Big Project Coming Jan 2026

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Middle Split Flexibility V1

WATCH AD FREE

WATCH ON 

DURATION: 20 min

DIFFICULTY: ●●●●○

1 Hip Swivels

10 reps per side



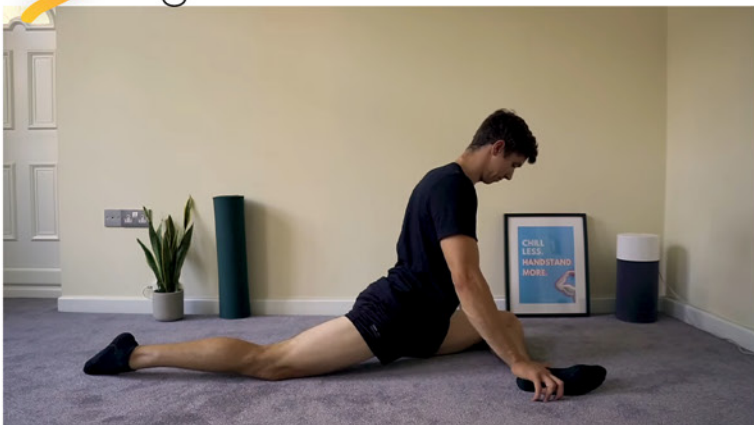
2 90-90 Glute Hinge with PNF

4 reps (5s) per side



3 Pigeon

20s per side



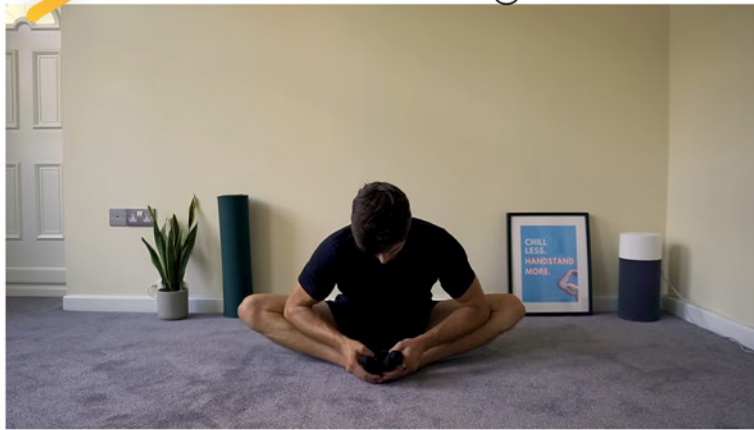
4 Tailor's Pose

20s per side



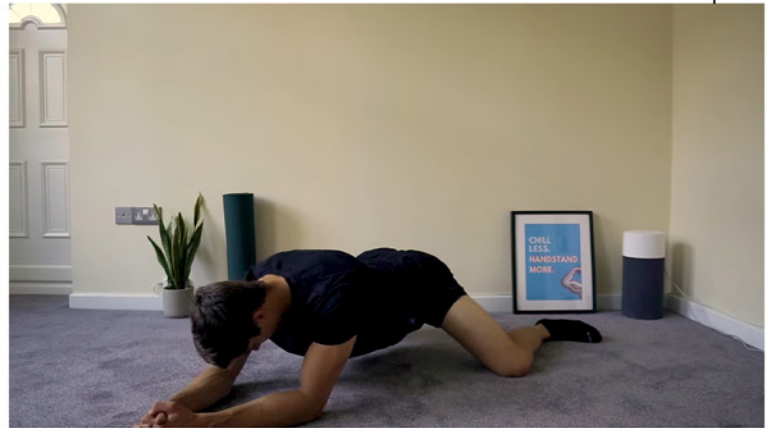
5 Tailor's Pose Hinge

3 reps (5s)



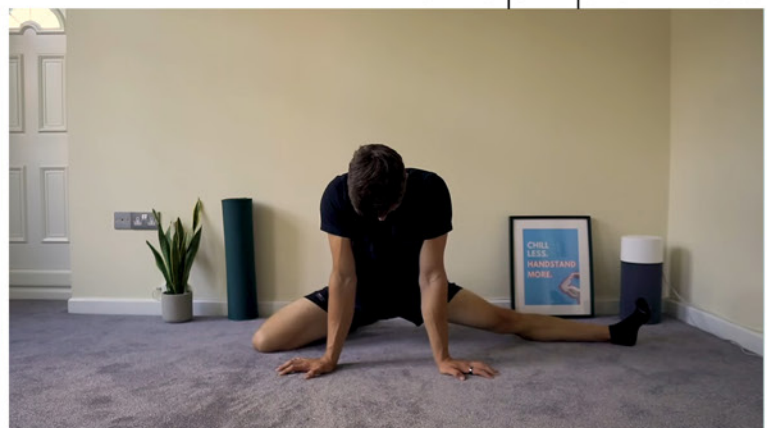
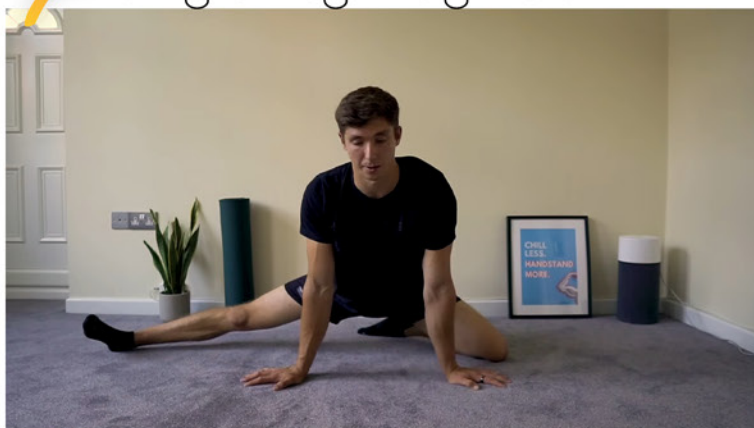
6 Frog Rocks

5 reps



7 Single Leg Frog Rocks

10 reps per side



8 Half Straddle Lifts

5 reps (5s) per side



9 Middle Splits

3 reps (10s)



10 Hip Swivels

3 reps per side



**PERFORM ANOTHER ROUND
OF STRETCHES 8-9**