



ADAM JESS
PERFORMANCE

Stretching Exercises

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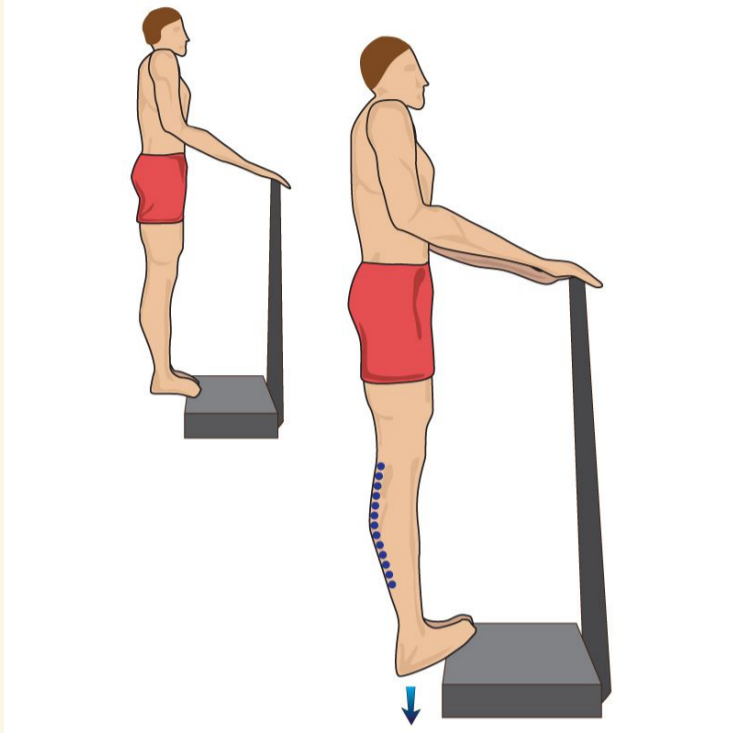


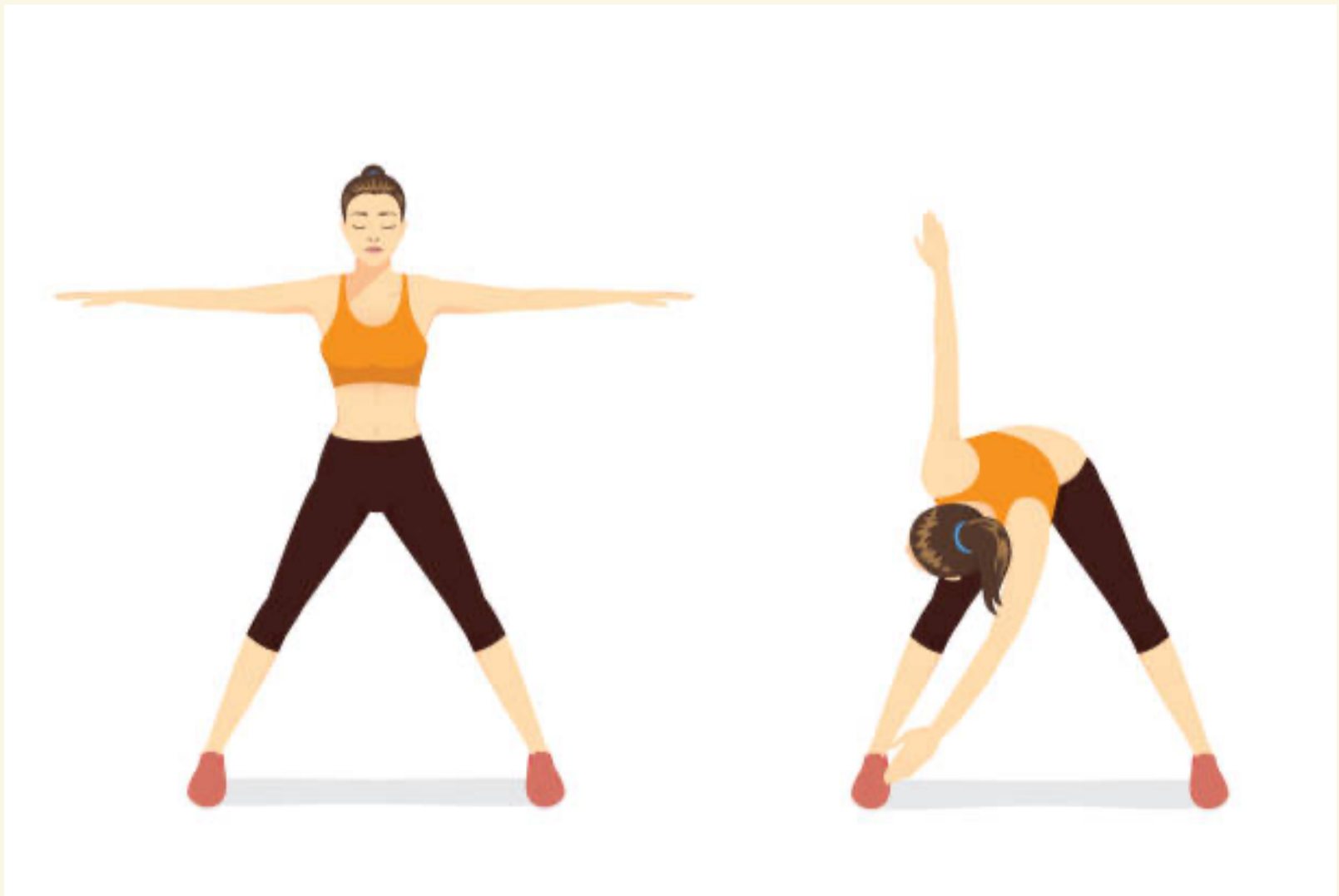
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Performance

Stretching Exercises

(2021)

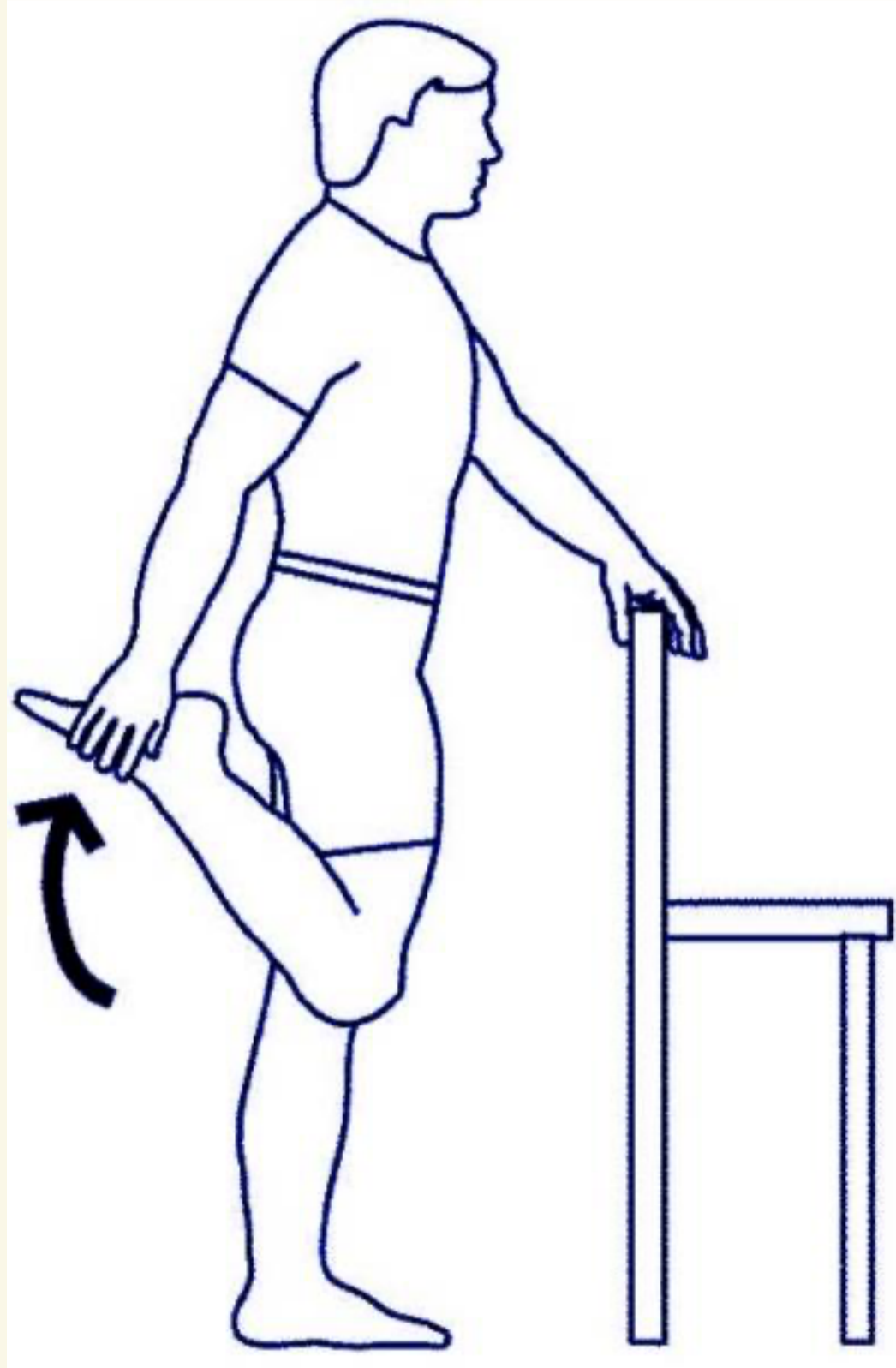


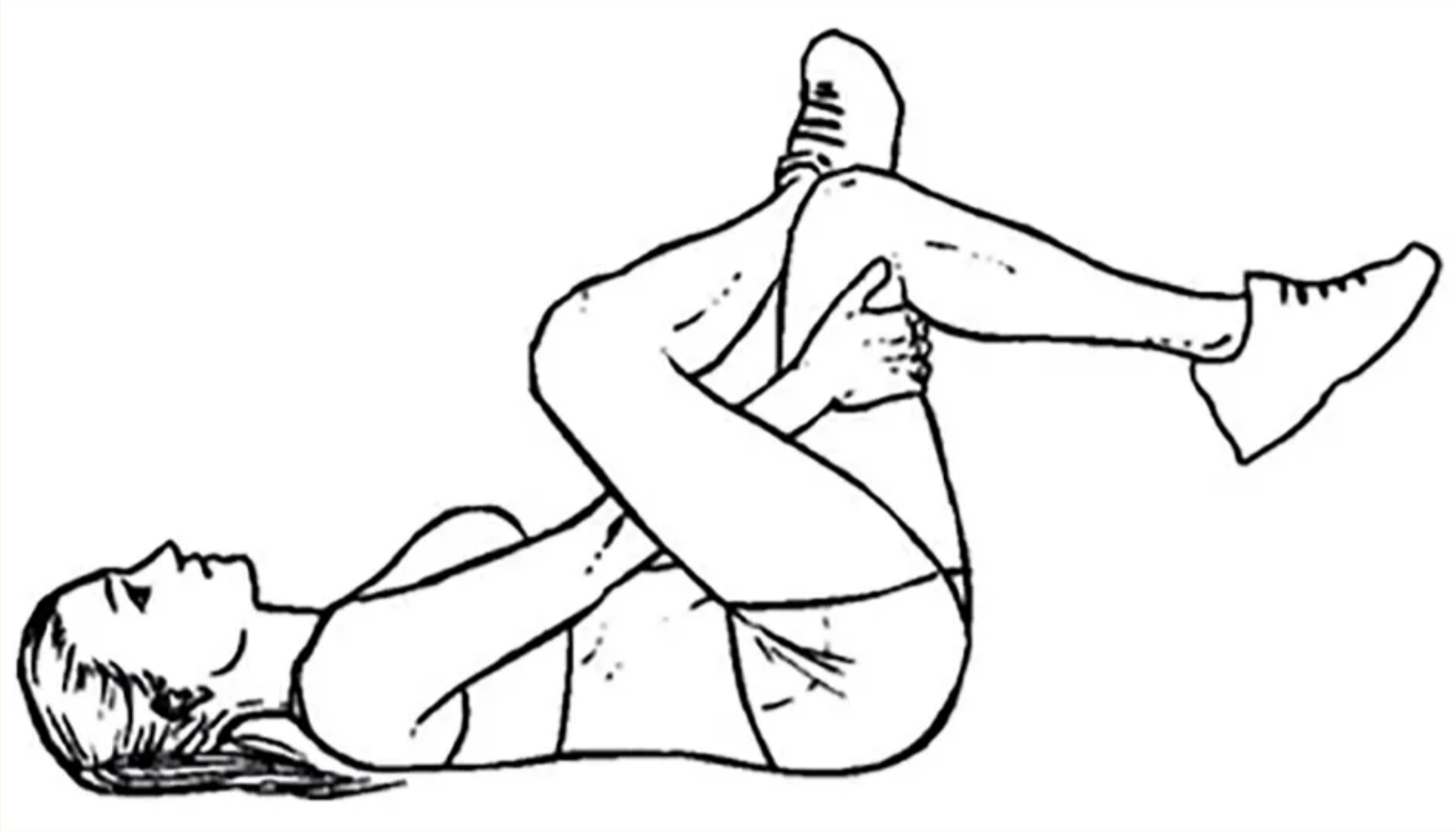


03

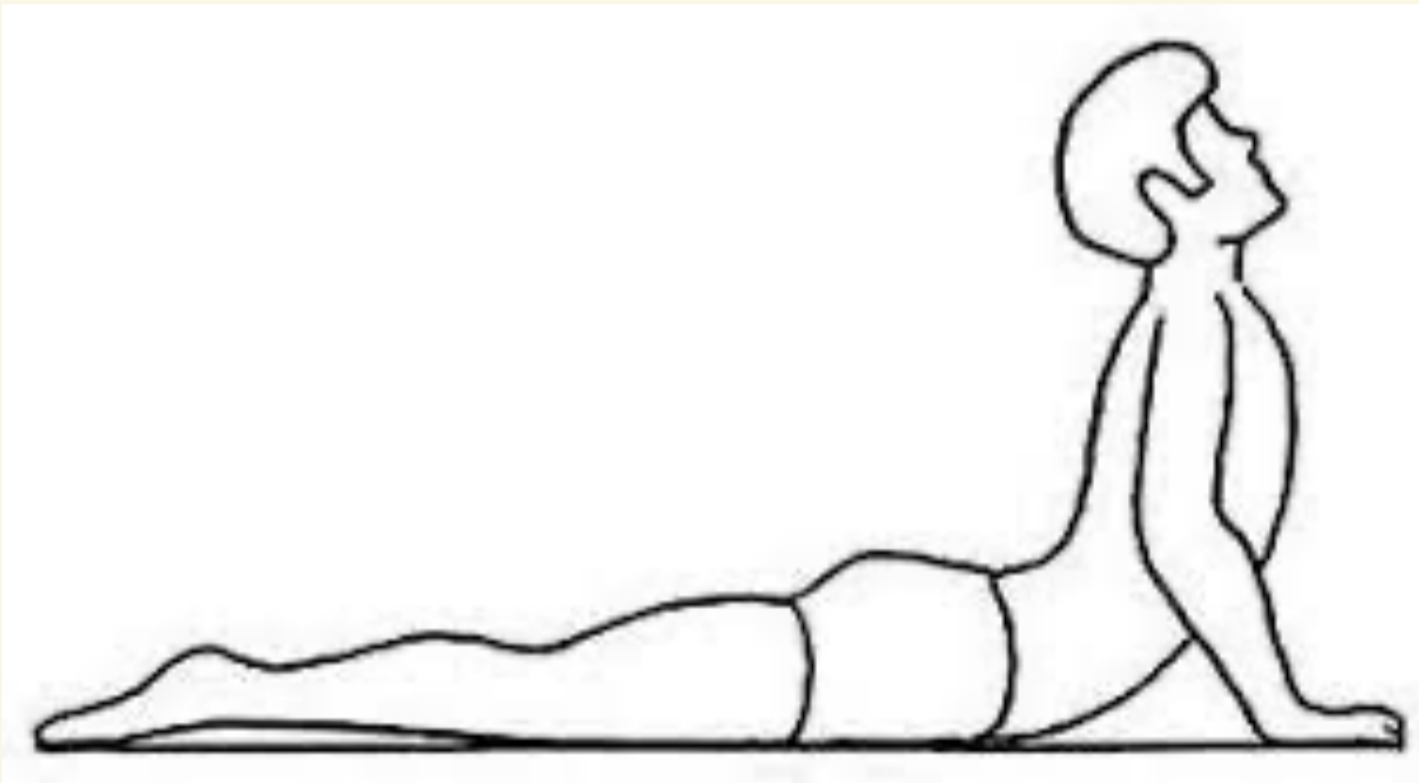
HIP FLEXOR STRETCH

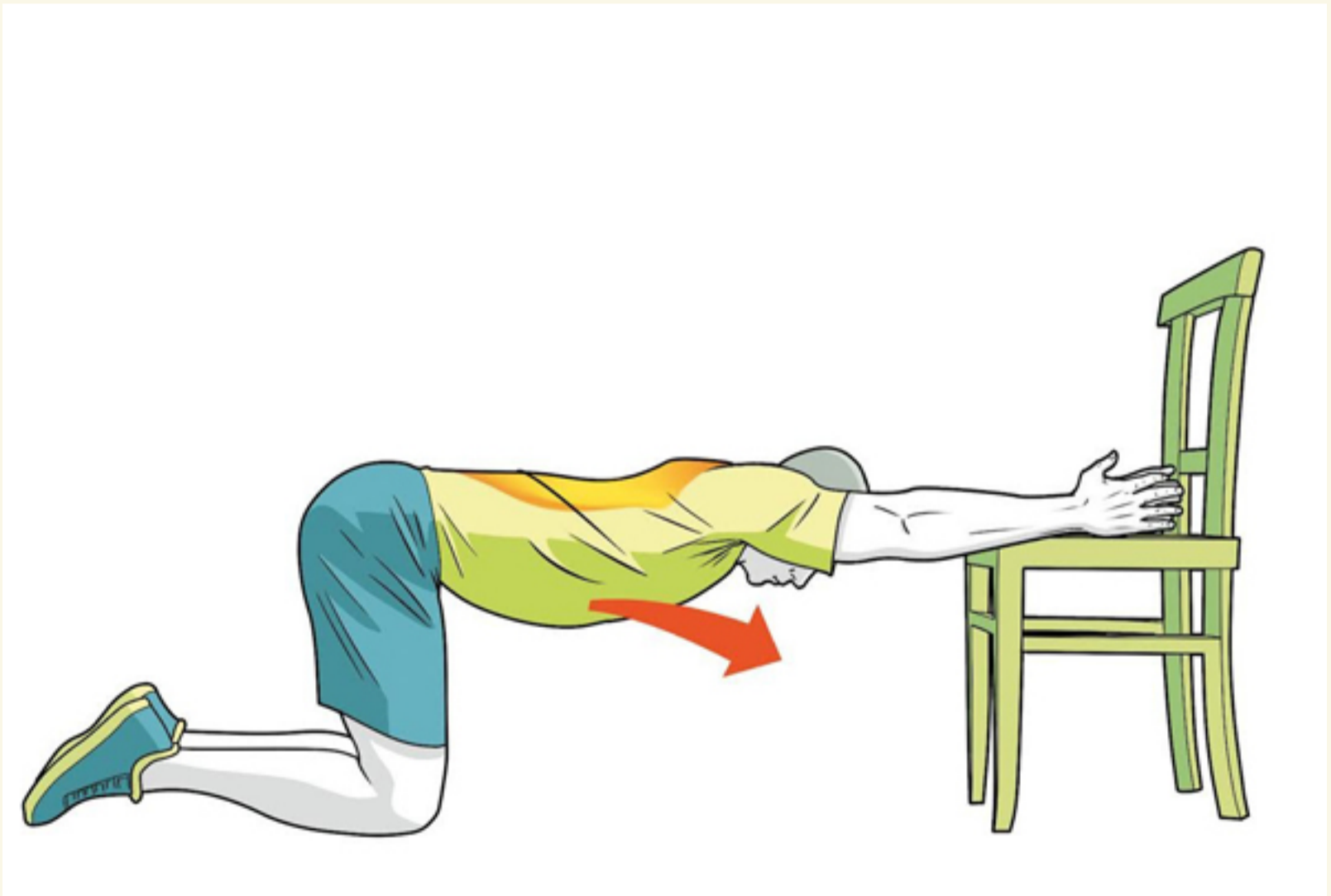


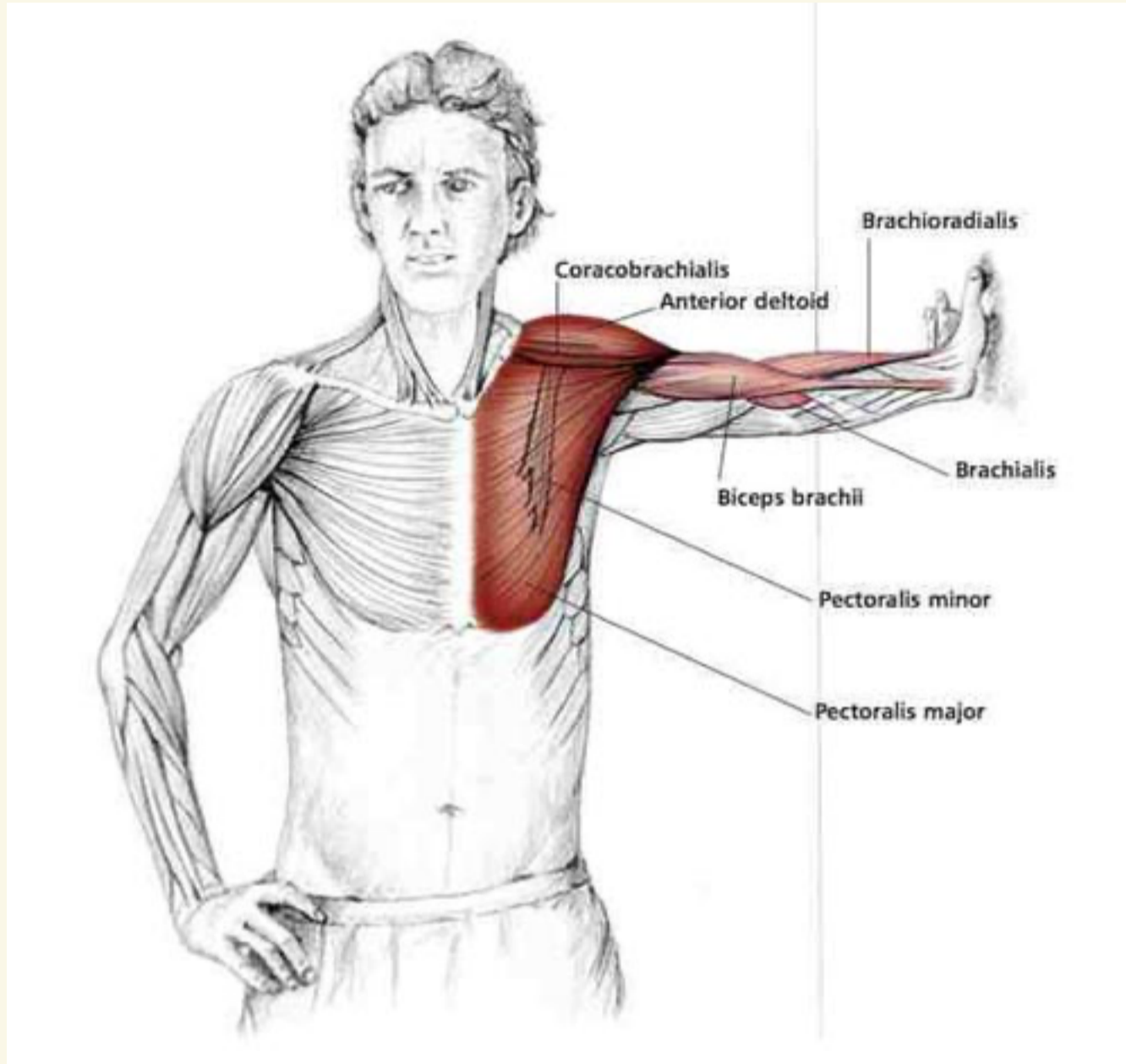


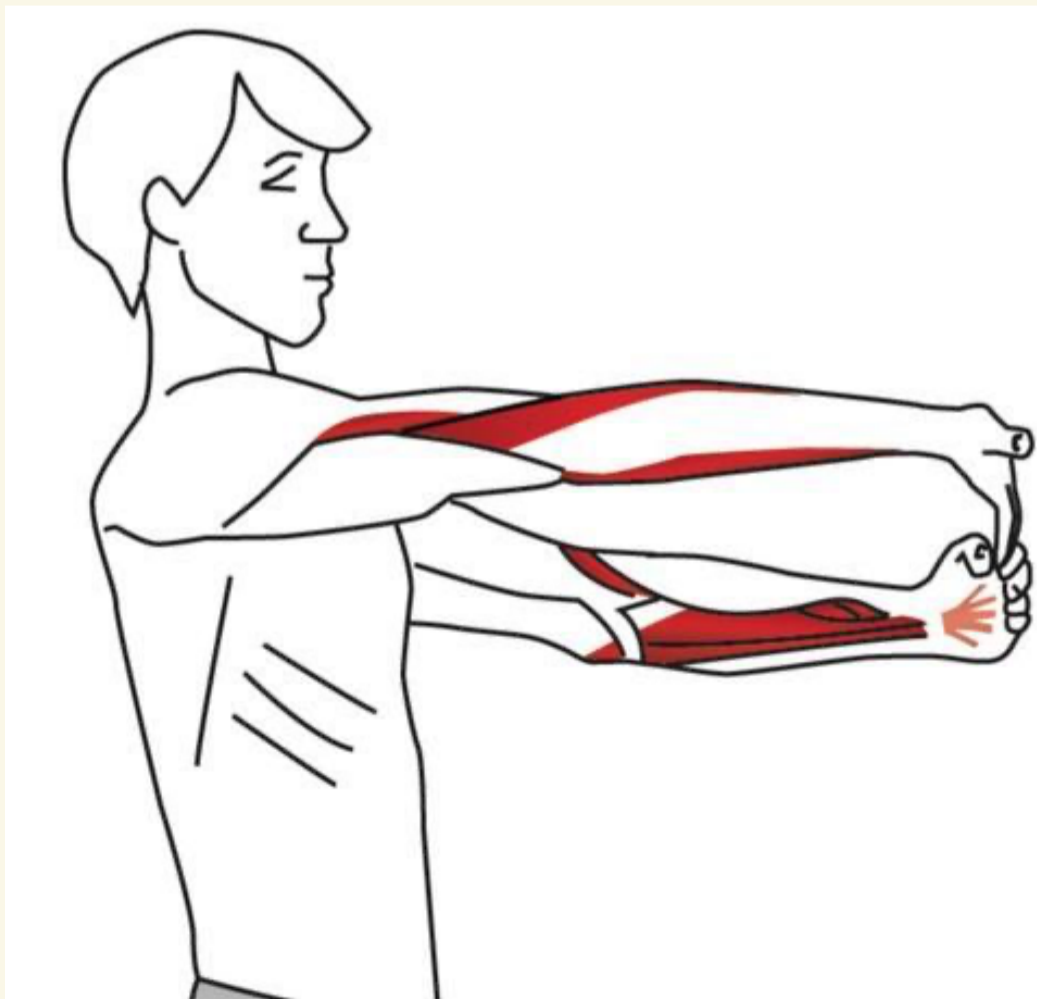
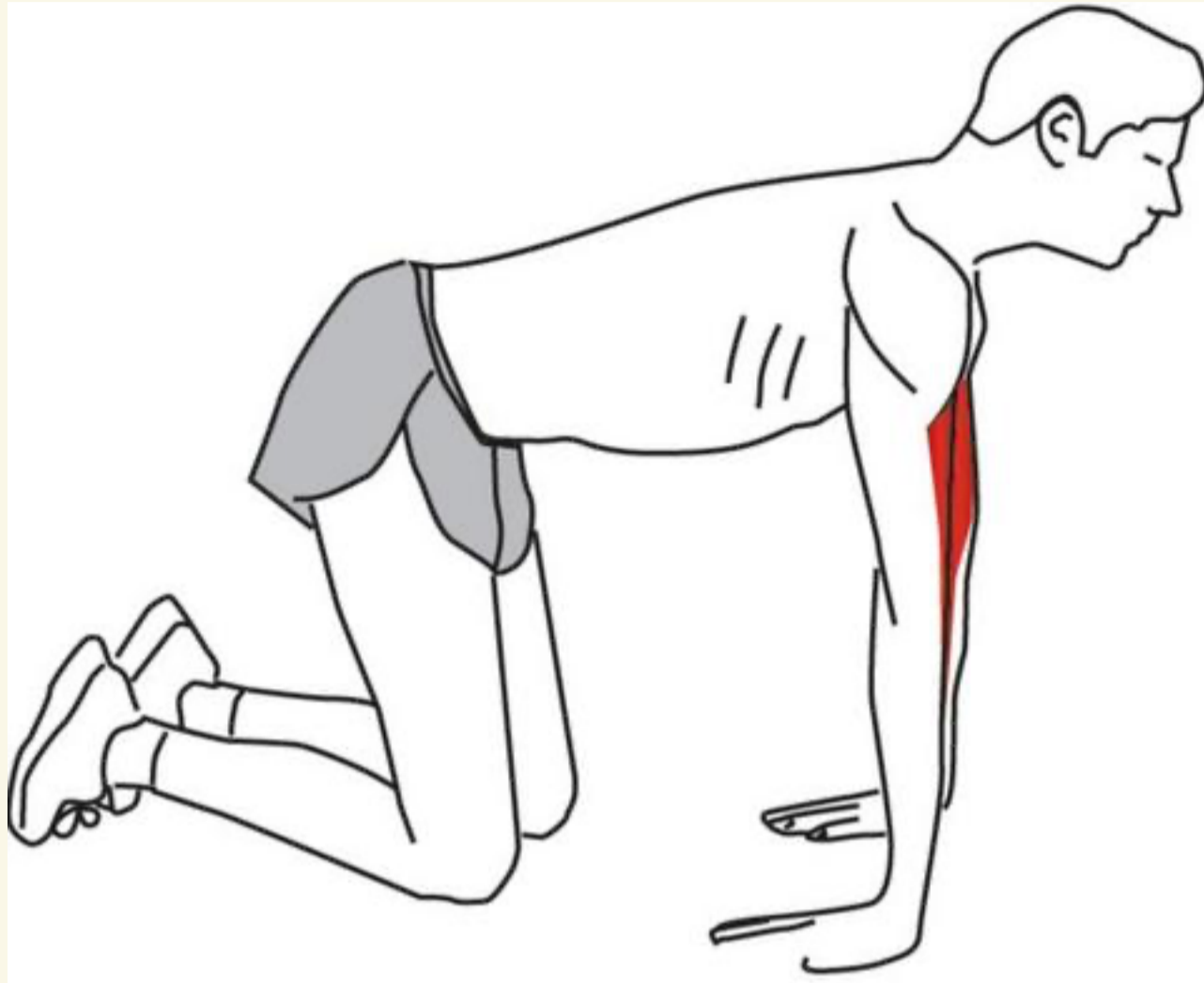


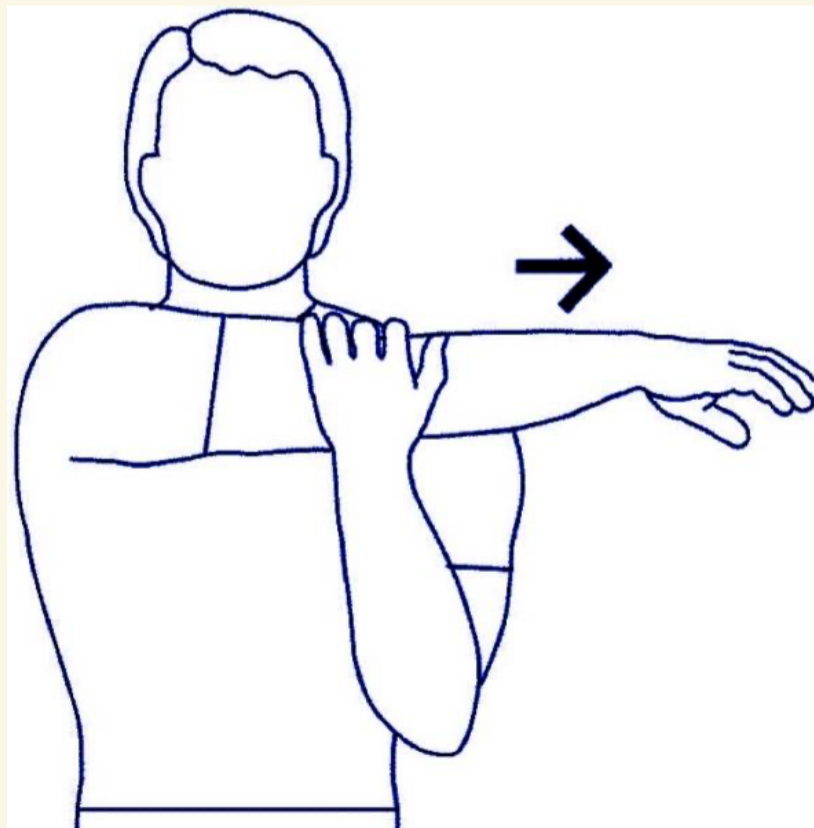
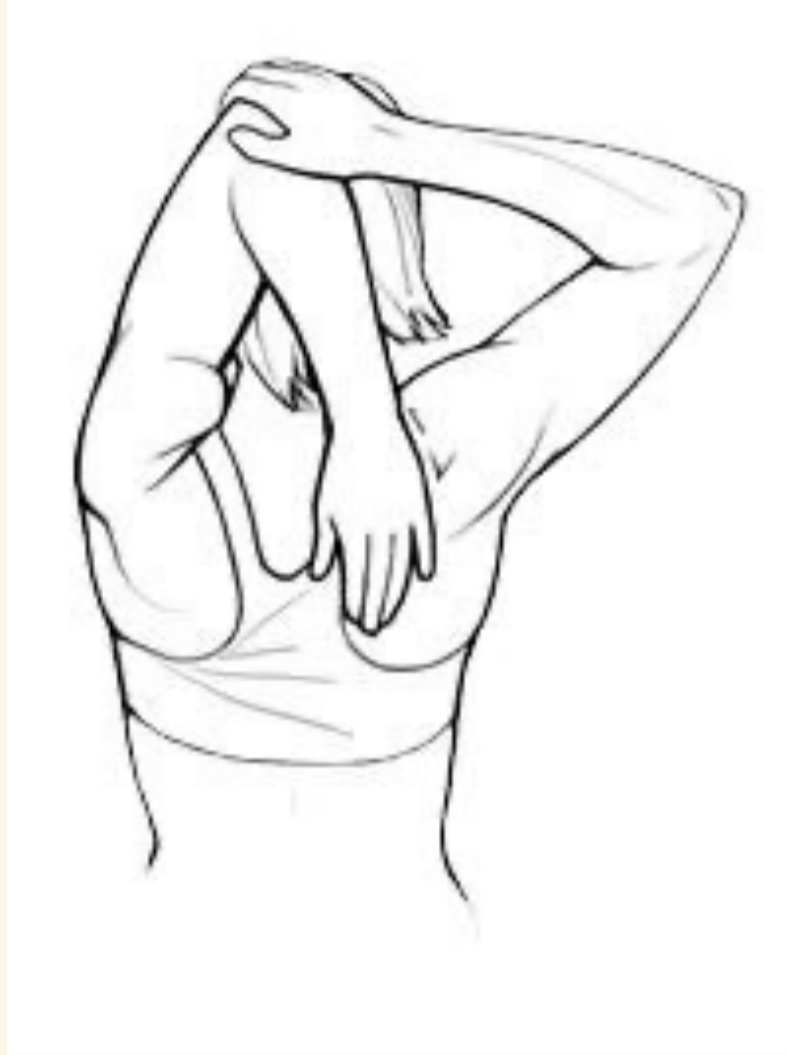












YOGA FOR FLEXIBILITY

HOLD EACH POSE X 30 SECS. REPEAT ON OTHER SIDE.

1 DOWNWARD DOG



2 HIGH LUNGE



3 PYRAMID



4 FORWARD FOLD



5 TWISTED CHAIR



6 GARLAND



7 TWISTED WIDE LEGGED FOLD



8 COBRA



9 ONE LEGGED SIDE STRETCH



10 SEATED FOLD



LEARN THE ROUTINE AT GROUNDEDPANDA.COM →

20-MINUTE YOGA WORKOUT FOR FLEXIBILITY

1



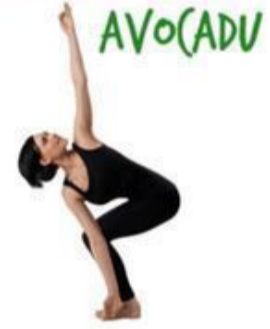
Upward Facing Dog

2



Downward Facing Dog

3



Revolved Chair

4



Standing Half Forward Bend

5



Camel

6



Head-to-Knee Forward Bend

7



Triangle

8



Pigeon

9



Standing Back Bend

10



Warrior I

11



Reverse Plank

12



Forward Bend