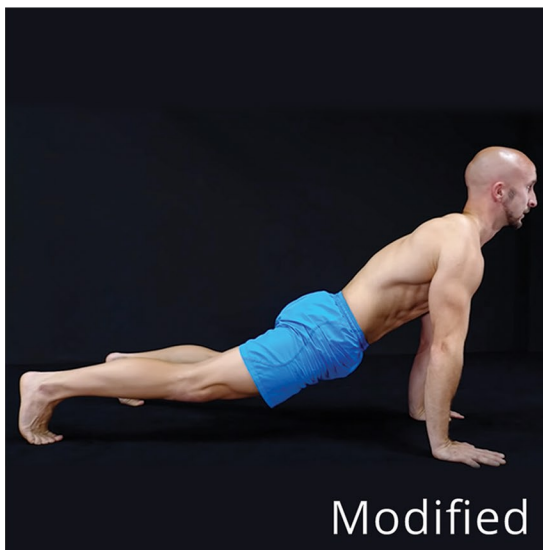
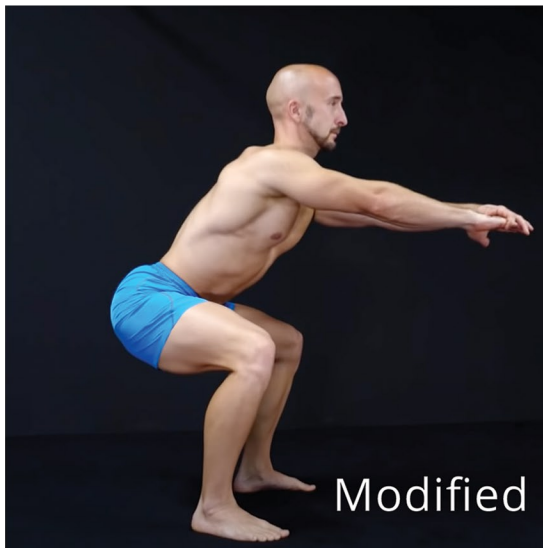




MOBILITY + FLEXIBILITY 30-DAY CHALLENGE WITH CALISTHETIC MOVEMENT

FLOW 1



FLOW 2



FLOW 3



HOLD EACH POSE FOR 3 SECONDS
REPEAT 3X MORNING + NIGHT

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Image and Flow Source: <https://www.youtube.com/watch?v=LwW1zWSZYXA>