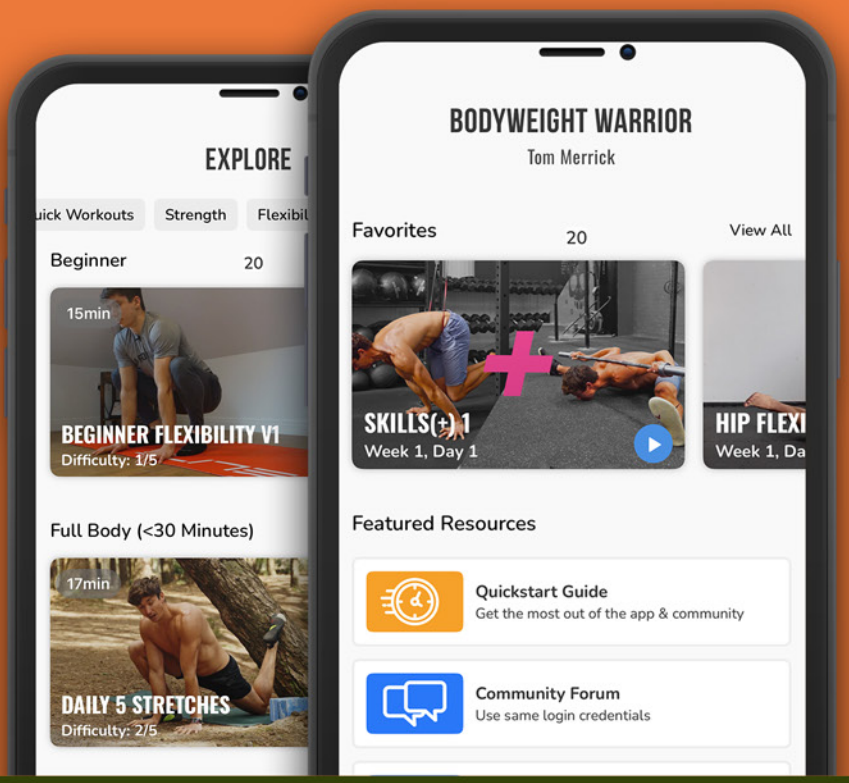
BODYWEIGHT WARRIOR

DOWNLOAD NOW



✅ 80+ Ad-Free Follow-Along Classes

Same great routines without the interruptions.

✅ 100+ Programs & Levels

Bodyweight skills, flexibility, handstands and more

✅ Progressive Pathway

Evolving programs from beginner to advanced

✅ Community Forum

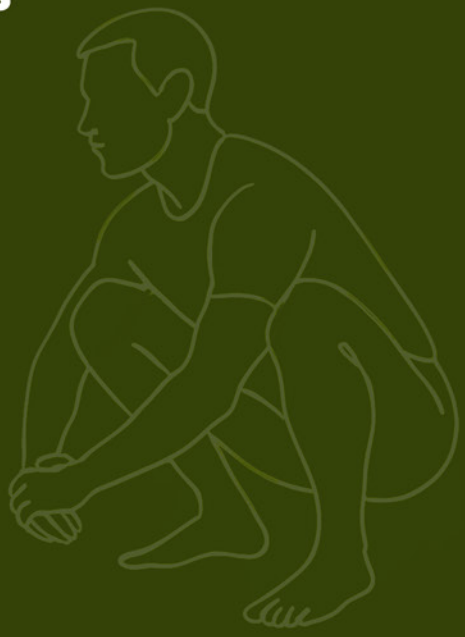
Aask your questions and get personalised advice

✅ Assessment & Benchmarks

Understand your limitations to the right program

⏰ Big Project Coming Jan 2026

Be the first to try the FlexFlow approach



FIND OUT MORE

Rounded Shoulders Fix

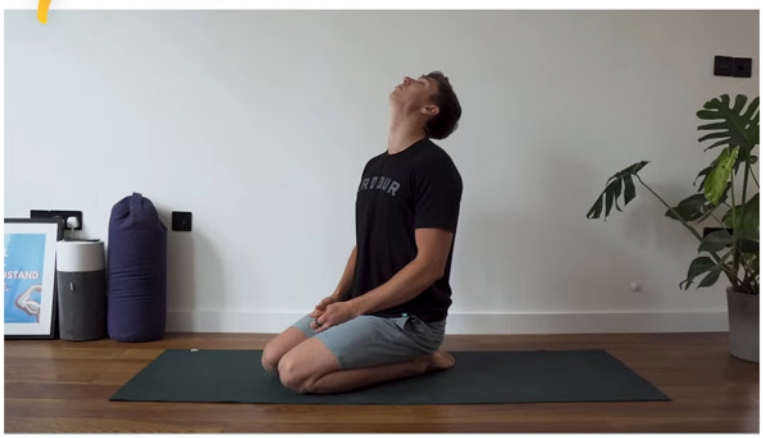
WATCH AD FREE

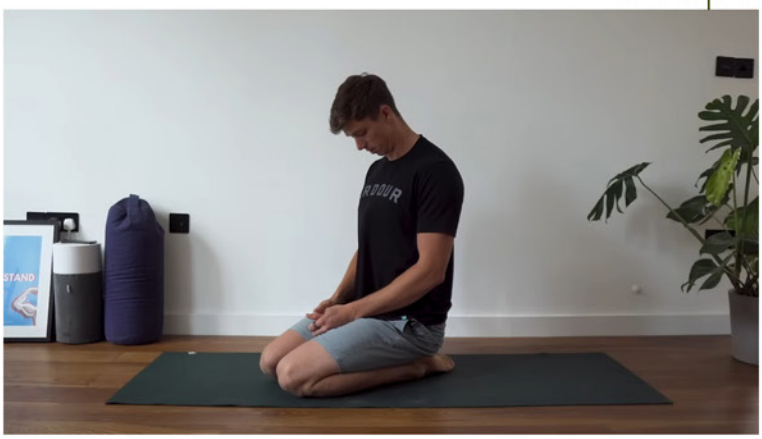
WATCH ON

DURATION: 24 min
DIFFICULTY: ●○○○○

1 Head Nods

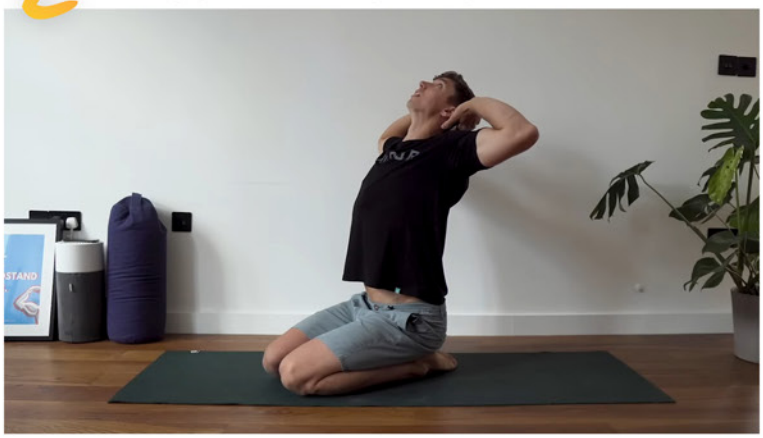
5 reps

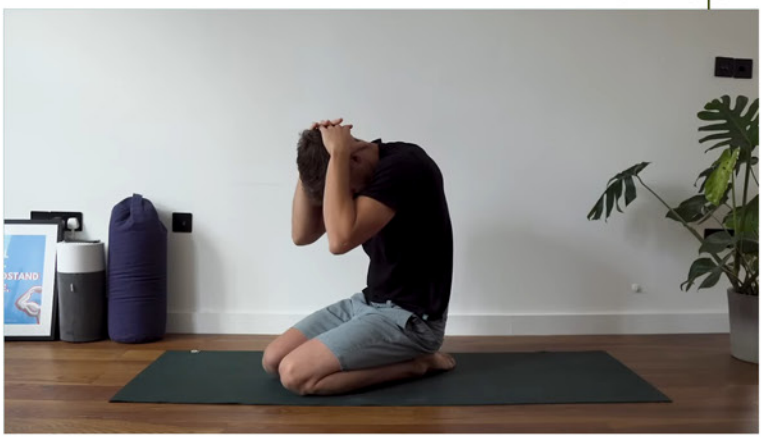




2 Breath Extensions

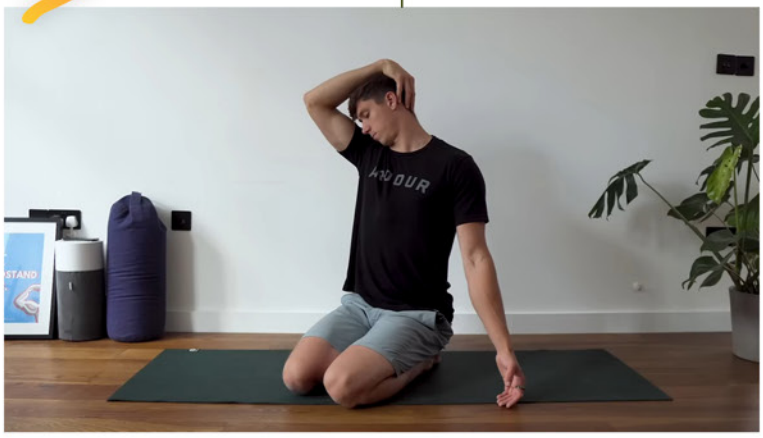
5 reps

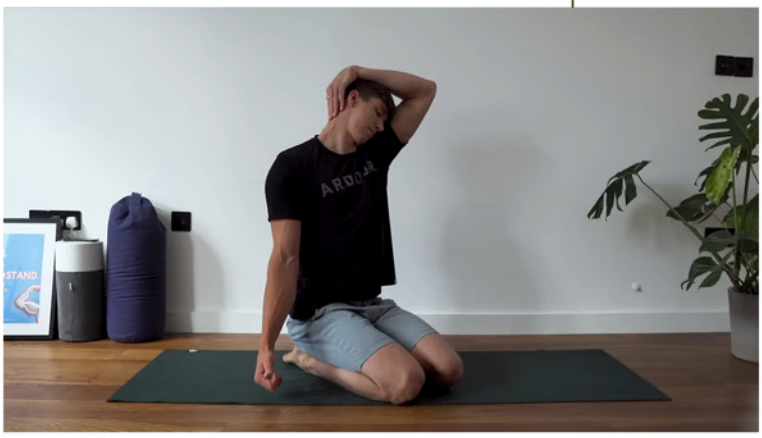




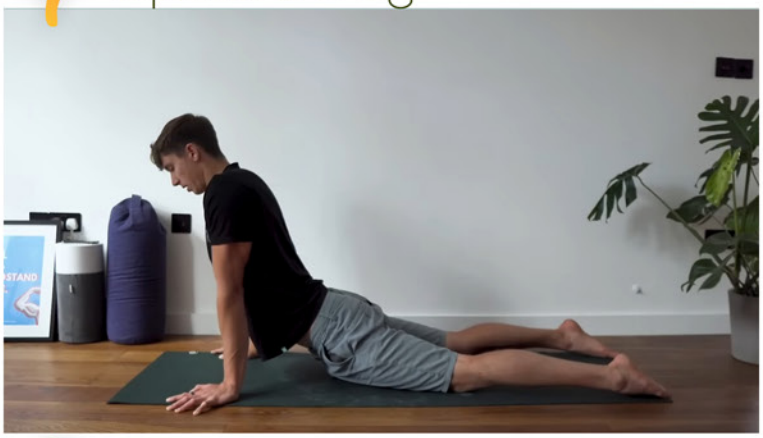
3 Levator Scap Stretch

20s per side

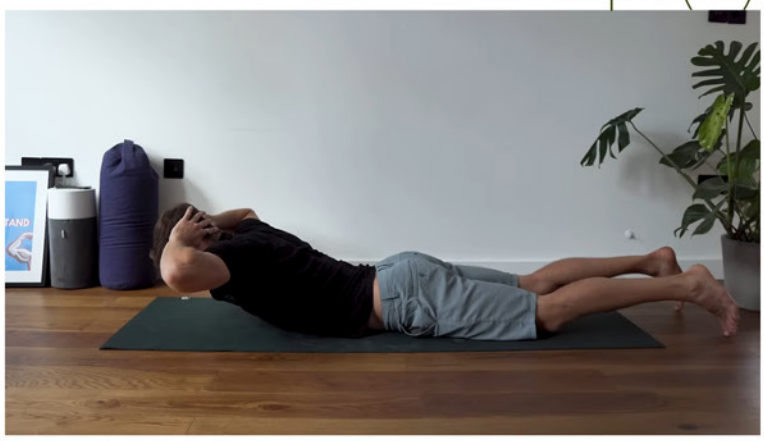




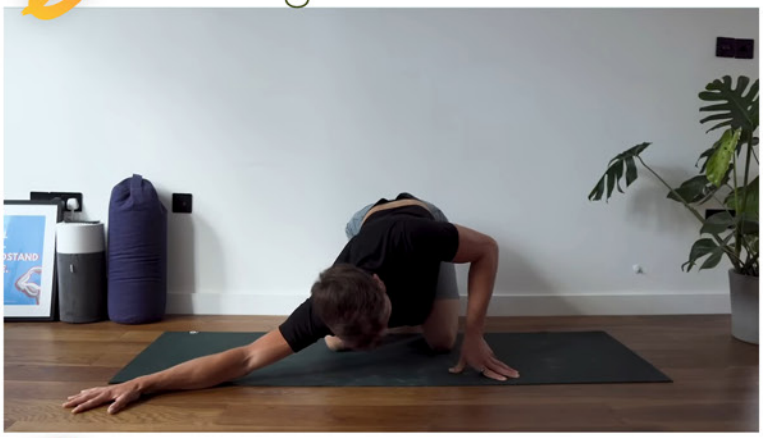
4 Upward Dog — 30s

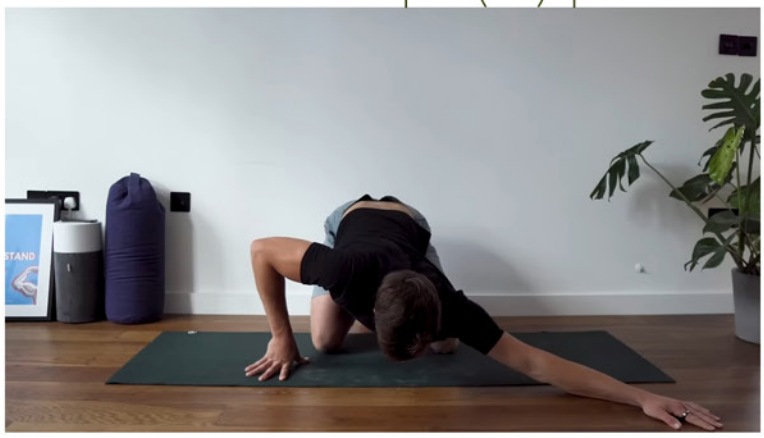


5 Prone Prisoner Lift — 3 reps (5s)



6 Kneeling Pec Stretch with PNF — 3 reps (5s) per side

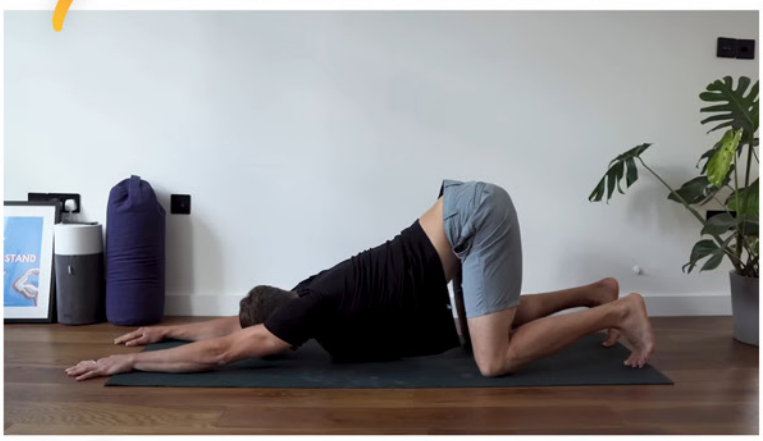


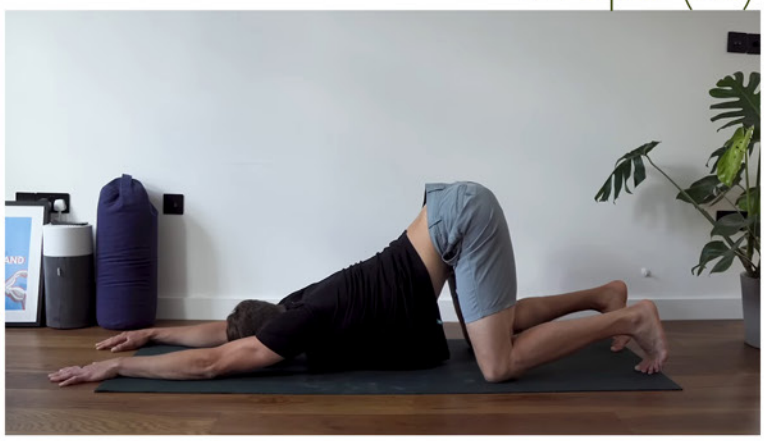


7 Table Top Lifts — 5 reps

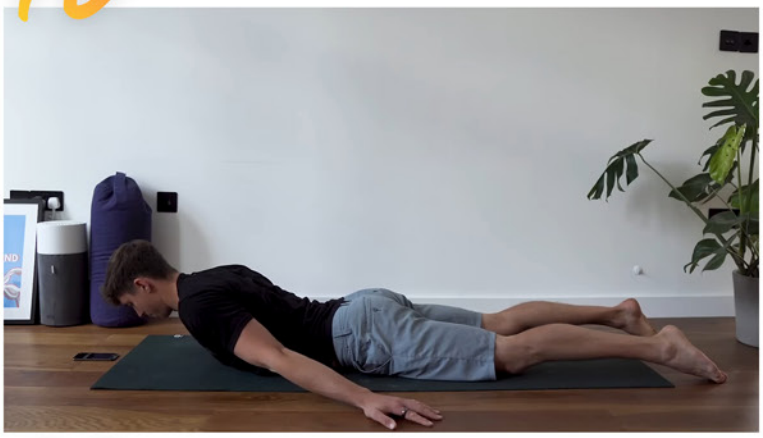
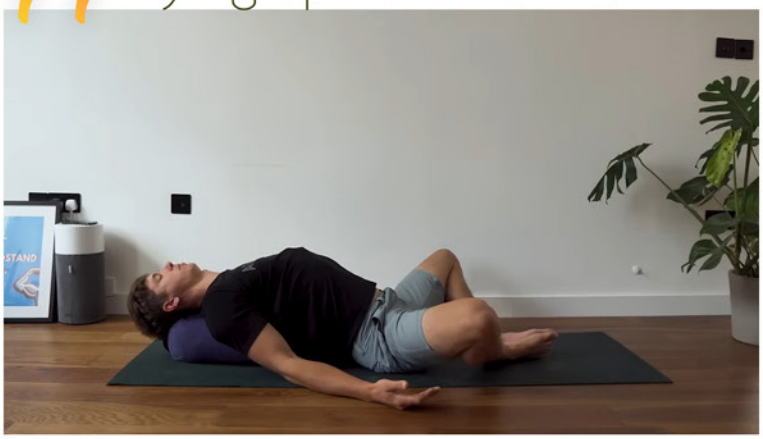
8 German Sit — 20s

9 Cat Stretch with PNF — 3 reps (5s)





10 Swan Hold — 6 reps (30s)



11 Lying Spinal Extension — 120s