

1. Welcome to Beyond Flexibility



Learn more about my method

This program is a combination of different stretching methods I have learnt over the years - **e.g. ballistic stretching, progressive overload stretching and a bit of passive stretching (always at the end and not held for crazy long time as you see in other programs / classes)**. I have seen big improvements since I have included these practices to my routine and I am sure you will experience the same. I am continuing to teach this method in my workshops all over the world with great success.

The Mobility Routines (full body, lower body and upper body) is pure mobility work to create more space in your body, take care of your joints and get the body used to doing some flexibility and mobility work.

The Advanced Skills routines (backbends, front splits and middle splits) contain practices usually used by martial artists, gymnasts, acrobats or movers in general.

You will discover that we never ever go into a passive stretch at the beginning. We first work on our joints and the strength of the muscle we are about to stretch. Only then we play a bit with passive stretching and seeing the limit of where the body allows us to go that day. I saw this approach lacking in lots of stretching programs and classes although I believe it makes the biggest difference.

Check out the THEORY videos to discover a bit more about this type of work.

How to use this program?

This program is all about **focused and goal-oriented training**. I believe that when you're focused on a goal and train towards it, you will get results much quicker. Beyond Flexibility is very diverse but do not expect hundreds of different moves or just random yoga postures. **That novelty might be exciting, but a scattered approach usually leads only to frustration.**

CHOOSE YOUR FOCUS

If you have a bit of experience in the movement world, you can just look through all the content and pick for you what seems like to be the right fit at the moment. BUT I do think that **good programming is part of your success** and that's why I created programs for different needs and focuses.

You can find programs under "Programming" in the Menu. You will see a big variety in the programs, from backbends to beginners.

I suggest you pick a program and follow it for about 4 weeks. This is just a general advice for best results as some of you might benefit from being longer on one program, while others might prefer to change a program every 2 weeks. **Just bear in mind - in order to see improvements, you should work on the given area of your body for a significant amount of time** (generally 3 weeks minimum). The success lies in being focused and enough repetition.

Please, adjust the program to fit your needs if you need to. The programming gives you a general idea, but doesn't have to be followed to a T for you to see results. Listen to your body and act accordingly.

*Note: **The Bonuses** are not usually included in the programs, feel free to use them as you please.*

SLOW IT DOWN

It's not important to go through absolutely everything in this program. Rather pick and choose what fits your needs the most at the moment. It's better to choose one goal to work on and focus on that until you see significant improvements or you achieve the goal. More doesn't mean better. Go for quality and repetition!

HOW TO USE THIS PROGRAM IN THE GYM?

Beyond Flexibility stands on its own but is also a great compliment to other movement practices.

If you are going to gym to work out or you're after more short and intense sessions, **I created a PDF material that will help you out with that.** From every video I picked out the most important exercises that will create the biggest impact and I have put them together into a handy PDF guide. You can find these in the Course Curriculum (every PDF is under the category it belongs to). I personally like to take those with me to gym and practice the moves in between handstands or strength training.

Feel free to reach out to me anytime if you need help with setting your focus or programming: **karin@karindimitrovova.com**. I will be happy to help!

How to track your progress?

The purpose of this program is to progress in your flexibility and mobility, so tracking your progress is essential. Some can go by feeling, but it's always better to have some tracking method in place.

The best tracking method for your progress is using pictures, video or duration of time in a pose.

If your goal is better **splits or backbends**, there's nothing easier than to take a picture or a video of yourself in this posture and start tracking your progress this way. I usually recommend to take the "after" picture 3 weeks into the program. In that time, you should see significant improvements.

This method can also work with any other pose or move you're working on.

If your struggle point is **hips**, you can measure how your deep squat is improving. You can go either by feel or by the duration that you can be in this pose. Simply get into your deep squat and start a stopwatch, seeing for how long you can stay there. Measure again after about 3 weeks.

*If you're active on Instagram, don't forget to post your progress, you can use hashtag **#BeyondFlexibility** and don't forget to tag **@karindimitrovova**, so I can see your progress and repost you!*

How to combine it with The Core Play?

The Core Play and Beyond Flexibility compliment each other beautifully. I suggest picking up your Focus from Programming in Beyond Flexibility and start the "3 days a week" kind of program (if you have more time to commit, go for 5 days a week).

Do Beyond Flexibility 3 times a week and The Core Play 5 times a week as structured. I suggest doing Beyond Flexibility after your practice with The Core Play, especially if your program is one of the advanced skills. If you're rather after general mobility, replace your "prehab" bonus from The Core Play with Beyond Flexibility routines.

If it's still a bit of too much time commitment for you, feel free to adjust your Beyond Flexibility program and do just what's necessary. For example - if your goal is Backbends, focus only on the Backbending videos or Upper Body Mobility.

PROGRAMMING: HOW TO PICK YOUR FOCUS

Front Splits Focus

HOW TO USE THIS?











































Black dots symbolise the routines you are meant to do on that given day. So in this schedule (5x / week) you are supposed to practice:

On Monday - Lower Body Mobility, Tuesday - Front Splits, Wednesday - Lower Body Mobility + Middle Splits and so on (more in the actual schedule)

You can find the videos in the menu (Mobility routines & Advanced skills).











































Use this program if your goal is to get into Front Splits and you can practice 5 **times a week for 15 to 30 minutes a day.**

Feel free to adjust so it fits your needs.

<i>Front Splits Focus</i>							
5x WEEK, 15-30min a DAY							
	MON	TUES	WED	THUR	FRI	SAT	SUN
FULL BODY MOBILITY							
LOWER BODY MOBILITY							
UPPER BODY MOBILITY							
FRONT SPLITS							
MIDDLE SPLITS							
BACKBENDS							

Choose this program if your goal is to get into Front Splits and you can practice **3 times a week for 30 to 45 minutes a day**.

If you're short on time, have a look at the "Front Splits" Folder (in the Menu under Advanced Skills) and Click on "Short & Intense".

<i>Front Splits Focus</i>							
3x WEEK, 30-45min a DAY							
	MON	TUES	WED	THUR	FRI	SAT	SUN
FULL BODY MOBILITY							
LOWER BODY MOBILITY							
UPPER BODY MOBILITY							
FRONT SPLITS							
MIDDLE SPLITS							
BACKBENDS							

Middle Splits & Pancake Focus

HOW TO USE THIS?











































Black dots symbolise the routines you are meant to do on that given day. So in this schedule (5x / week) you are supposed to practice:

On Monday - Lower Body Mobility, Tuesday - Front Splits, Wednesday - Lower Body Mobility + Middle Splits and so on (more in the actual schedule)

You can find the videos in the menu (Mobility routines & Advanced skills).

Use this program if your goal is to get into Middle Splits and Pancake and you can practice **5 times a week for 15 to 30 minutes a day.**











































Feel free to adjust so it fits your needs.

<i>Middle Splits Focus</i>							
5x WEEK, 15-30min a DAY							
	MON	TUES	WED	THUR	FRI	SAT	SUN
FULL BODY MOBILITY							
LOWER BODY MOBILITY							
UPPER BODY MOBILITY							
FRONT SPLITS							
MIDDLE SPLITS							
BACKBENDS							

Choose this program if your goal is to get into Middle Splits and Pancake and you can practice **3 times a week for 30 to 45 minutes a day.**

Middle Splits Focus

3x WEEK, 30-45min a DAY

	MON	TUES	WED	THUR	FRI	SAT	SUN
FULL BODY MOBILITY							
LOWER BODY MOBILITY							
UPPER BODY MOBILITY							
FRONT SPLITS							
MIDDLE SPLITS							
BACKBENDS							

Backbends Focus

HOW TO USE THIS?

Black dots symbolise the routines you are meant to do on that given day. So in this schedule (5x / week) you are supposed to practice:

On Monday - Upper Body Mobility, Tuesday - Backbends, Wednesday - Full Body Mobility and so on (more in the actual schedule)

You can find the videos in the menu (Mobility routines & Advanced skills).

Use this program if your goal is to get into Backbends and you can practice **5 times a week for 15 to 45 minutes a day.**

Feel free to adjust so it fits your needs.











































Note: The Backbending section has 2 videos - Level 1 and Level 2. Feel free to alternate between these or if you're more of a beginner practitioner, stick to Level 1 until it feels comfortable enough. Then continue with Level 2.

<h1>Backbends Focus</h1>							
5x WEEK, 15-45min a DAY							
	MON	TUES	WED	THUR	FRI	SAT	SUN
FULL BODY MOBILITY							
LOWER BODY MOBILITY							
UPPER BODY MOBILITY							
FRONT SPLITS							
MIDDLE SPLITS							
BACKBENDS							

Choose this program if your goal is to get into Backbends and you can practice **3 times a week for 15 to 45 minutes a day.**

Backbends Focus

3x WEEK, 15-45min a DAY

	MON	TUES	WED	THUR	FRI	SAT	SUN
FULL BODY MOBILITY							
LOWER BODY MOBILITY							
UPPER BODY MOBILITY							
FRONT SPLITS							
MIDDLE SPLITS							
BACKBENDS							

"I just want to feel good" Focus

This program is all about opening your hips, shoulder, working on your spine and finding ease in your day to day movement.

We don't go into any advanced positions, such as splits or backbends.

Great if you're just getting into your mobility and flexibility practice or you want to work on all areas of the body at the same time.

HOW TO USE THIS SCHEDULE?

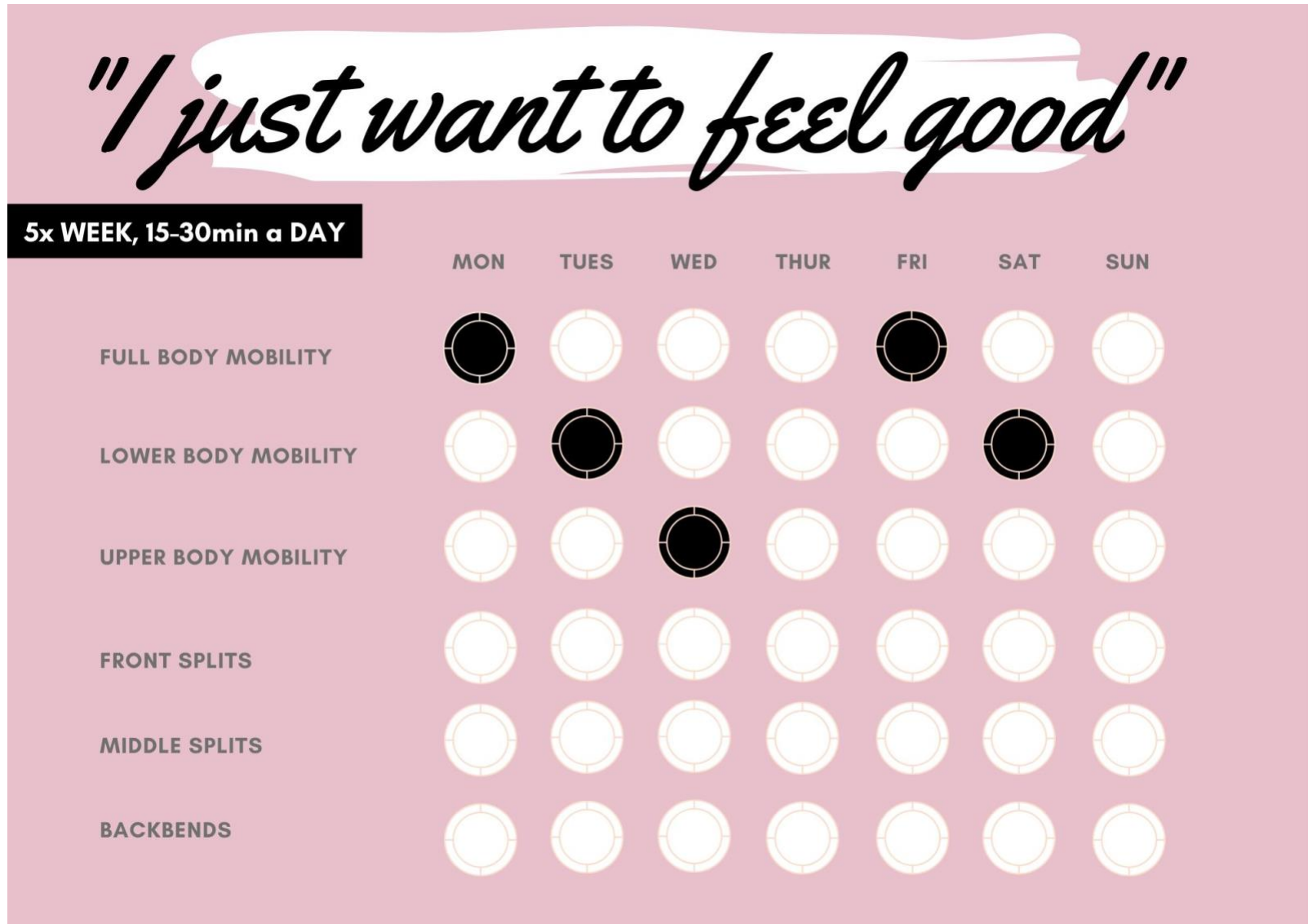
Black dots symbolise the routines you are meant to do on that given day. So in this schedule (5x / week) you are supposed to practice:

On Monday - Full Body Mobility, Tuesday - Lower Body Mobility, Wednesday - Upper Body Mobility and so on (more in the actual schedule)

You can find the videos in the menu (Mobility routines).

Use this program if you can practice **5 times a week for 15 to 30 minutes a day.**











































Feel free to adjust so it fits your needs.



Use this program if you can practice **3 times a week for 15 to 30 minutes a day.**

"I just want to feel good"

3x WEEK, 15-30min a DAY

	MON	TUES	WED	THUR	FRI	SAT	SUN
FULL BODY MOBILITY							
LOWER BODY MOBILITY							
UPPER BODY MOBILITY							
FRONT SPLITS							
MIDDLE SPLITS							
BACKBENDS							

"I'm a complete beginner" Focus

If you're a beginner on your flexibility and mobility journey, start here!

From here, you can then jump to a more advanced program, such as the one for splits or backbends.

HOW TO USE THIS?

Black dots symbolise the routines you are meant to do on that given day. So in this schedule (5x / week) you are supposed to practice:

On Monday - Full Body Mobility, Tuesday - Lower Body Mobility + Desk Relief, Wednesday - Upper Body Mobility and so on (more in the actual schedule)











































You can find the videos in the menu (Mobility routines & Bonuses).

Use this program if you can practice **5 times a week for 15 to 30 minutes a day.**

Feel free to adjust so it fits your needs.

"I'm a complete beginner"











































5x WEEK, 15-30min a DAY

	MON	TUES	WED	THUR	FRI	SAT	SUN
FULL BODY MOBILITY							
LOWER BODY MOBILITY							
UPPER BODY MOBILITY							
DESK RELIEF							
DESTRESS YOGA							
HANDSTAND MOBILITY							

Use this program if you can practice **3 times a week for about 30 minutes a day.**

"I'm a complete beginner"

3x WEEK, 30min a DAY

	MON	TUES	WED	THUR	FRI	SAT	SUN
FULL BODY MOBILITY							
LOWER BODY MOBILITY							
UPPER BODY MOBILITY							
DESK RELIEF							
DESTRESS YOGA							
HANDSTAND MOBILITY							

Little bit of everything

Would you love to work on everything and just cannot decide what to focus on right now? I have you covered! Just bear in mind that by not picking your focus, your progress might be a bit slower (but you will progress in all areas instead of just one).

HOW TO USE THIS?

Black dots symbolise the routines you are meant to do on that given day. So in this schedule (5x / week) you are supposed to practice:

On Monday - Full Body Mobility, Tuesday - Lower Body Mobility + Middle Splits, Wednesday - Upper Body Mobility and so on (more in the actual schedule)











































You can find the videos in the menu (Mobility routines & Advanced skills).

Use this program if you can practice **5 times a week for 15 to 30 minutes a day.**

Feel free to adjust so it fits your needs.

Little bit of everything











































5x WEEK, 15-30min a DAY

	MON	TUES	WED	THUR	FRI	SAT	SUN
FULL BODY MOBILITY							
LOWER BODY MOBILITY							
UPPER BODY MOBILITY							
FRONT SPLITS							
MIDDLE SPLITS							
BACKBENDS							

Use this program if you can practice **3 times a week for 15 to 40 minutes a day.**

Little bit of everything

3x WEEK, 15-40min a DAY

	MON	TUES	WED	THUR	FRI	SAT	SUN
FULL BODY MOBILITY							
LOWER BODY MOBILITY							
UPPER BODY MOBILITY							
FRONT SPLITS							
MIDDLE SPLITS							
BACKBENDS							

Diagnosis: Computer rat

Are you sitting behind a computer ALL DAY LONG and need to work on your general stiffness? This program is perfect for you!

HOW TO USE THIS?

Black dots symbolise the routines you are meant to do on that given day. So, in this schedule (5x / week) you are supposed to practice:

On Monday - Full Body Mobility

Tuesday - Destress Yoga

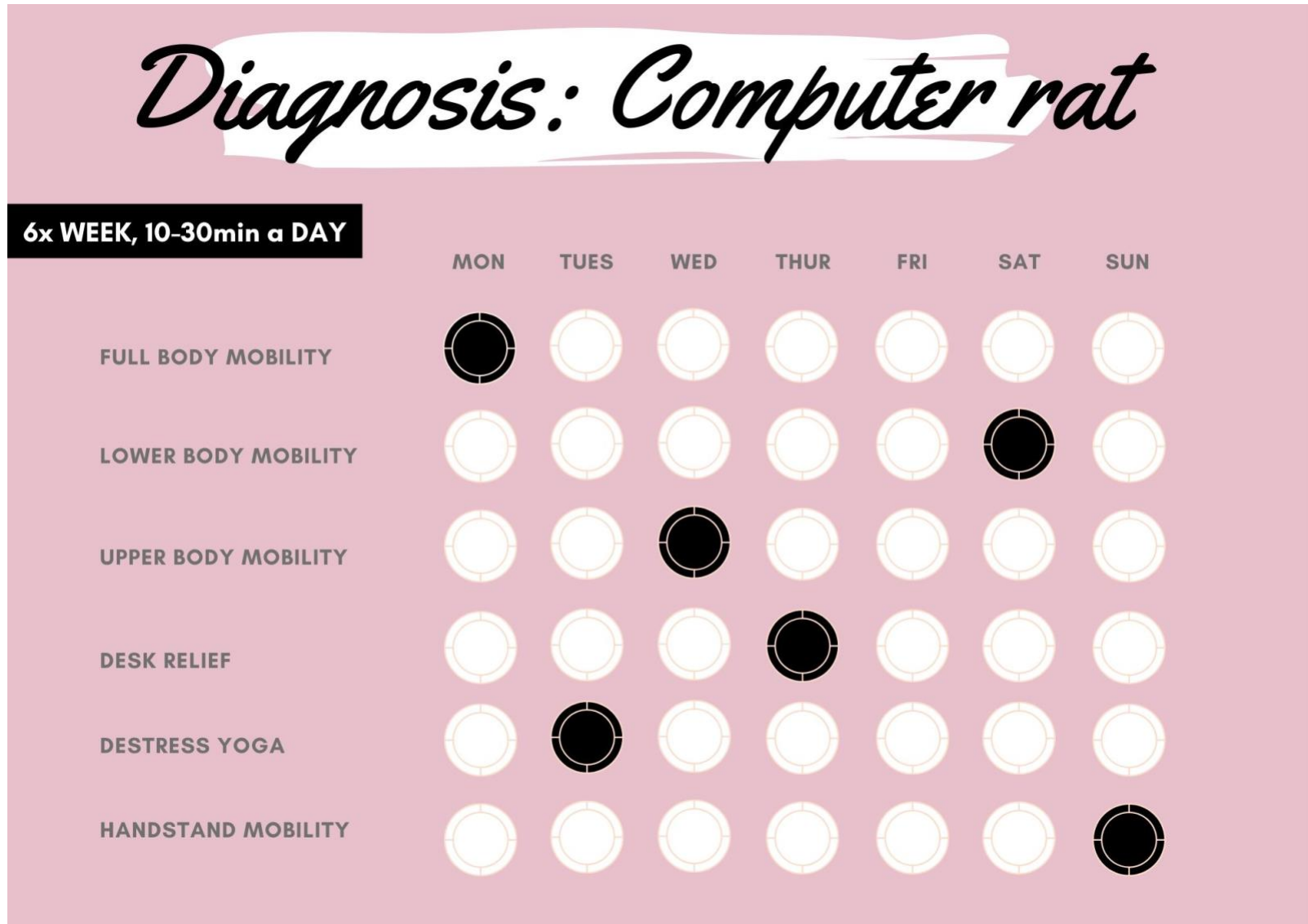
Wednesday - Upper Body Mobility

... and so on (more in the actual schedule)

You can find the videos in the menu (Mobility routines & Bonuses).

Use this program if you can practice **6 times a week for 10 to 30 minutes a day.**











































Feel free to adjust so it fits your needs.



Use this program if you can practice **3 times a week for 30 minutes a day.**

Diagnosis: Computer rat

3x WEEK, 30min a DAY

	MON	TUES	WED	THUR	FRI	SAT	SUN
FULL BODY MOBILITY							
LOWER BODY MOBILITY							
UPPER BODY MOBILITY							
DESK RELIEF							
DESTRESS YOGA							
HANDSTAND MOBILITY							

THEORY

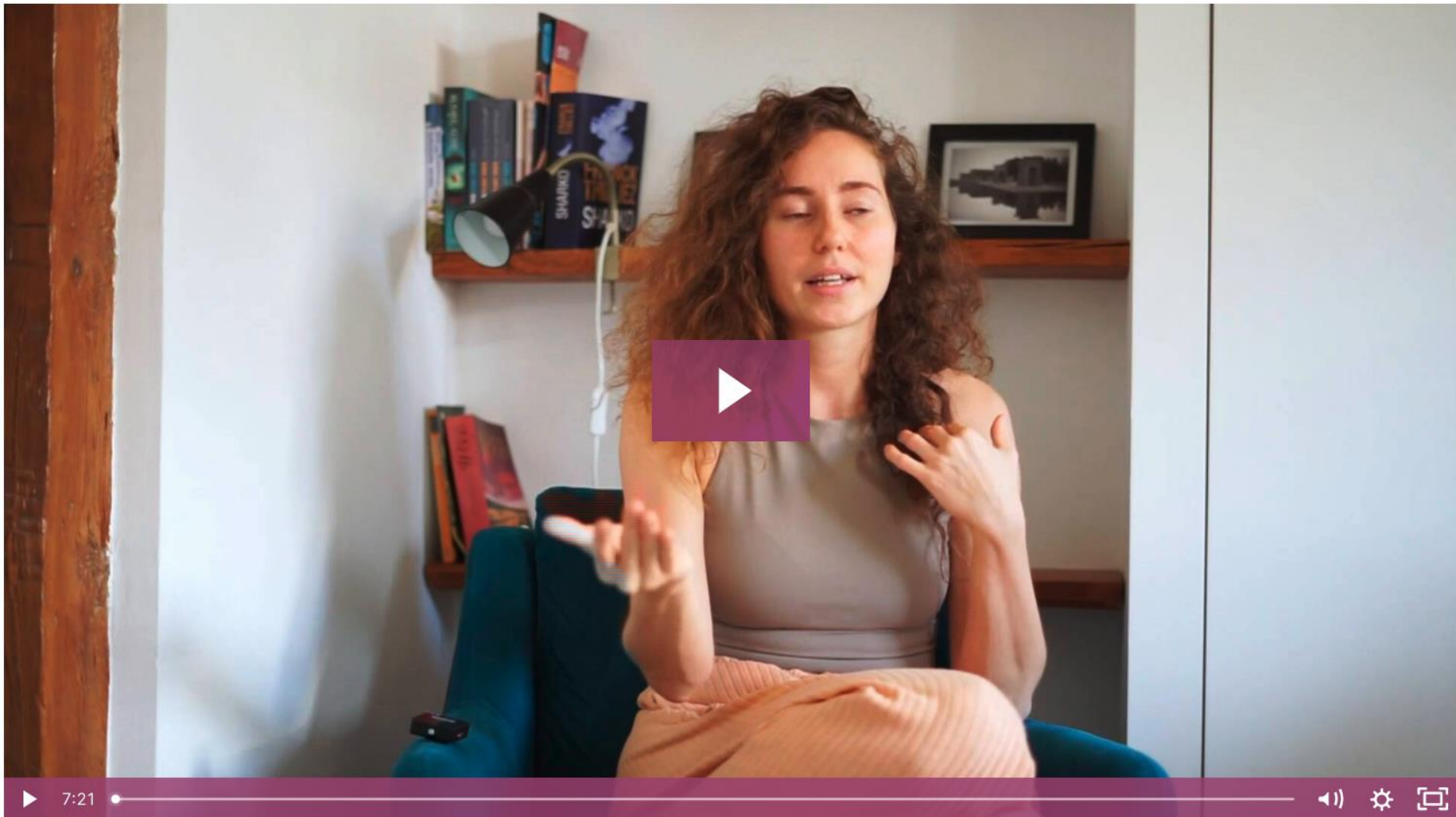
2. The Difference Between Mobility and Flexibility

In this video, I'm explaining the difference between Mobility and Flexibility and why is that important for your practice.



3. Brain, Range of Motion & 3 tips

In this video, I'm explaining what is actually stretching (and that it's much more about your brain than you think), how to increase range of motion and sharing three flexibility tips.



MOBILITY ROUTINES: FULL BODY

4. Full Body Mobility Routine

This is a general fundamental routine for basic mobility and flexibility. It targets the most common problematic areas - **shoulders, spine, hips, hamstring**. It is great if you're just starting out, for maintenance or if you don't have anything you want to work on in particular.

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MOBILITY ROUTINES: UPPER & LOWER BODY

5. Upper Body Mobility Routine

This sequence addresses **tight shoulders and stiff spine**. That is important not only for the quality of your life, but also for practicing more advanced moves, such as **handstands or a wheel**. Without open shoulders, these moves are very hard to achieve. Learn how to stretch and strengthen your shoulders and spine with this routine.



6. Lower Body Mobility Routine

Tight hips and hamstrings is one of the most common issues. Lots of sitting in comfy chairs and not enough natural squatting is to blame. In this mobility sequence, we are going to address our hips, hip flexors, ankles and hamstrings. Perfect mix for finding ease in your movement once again.

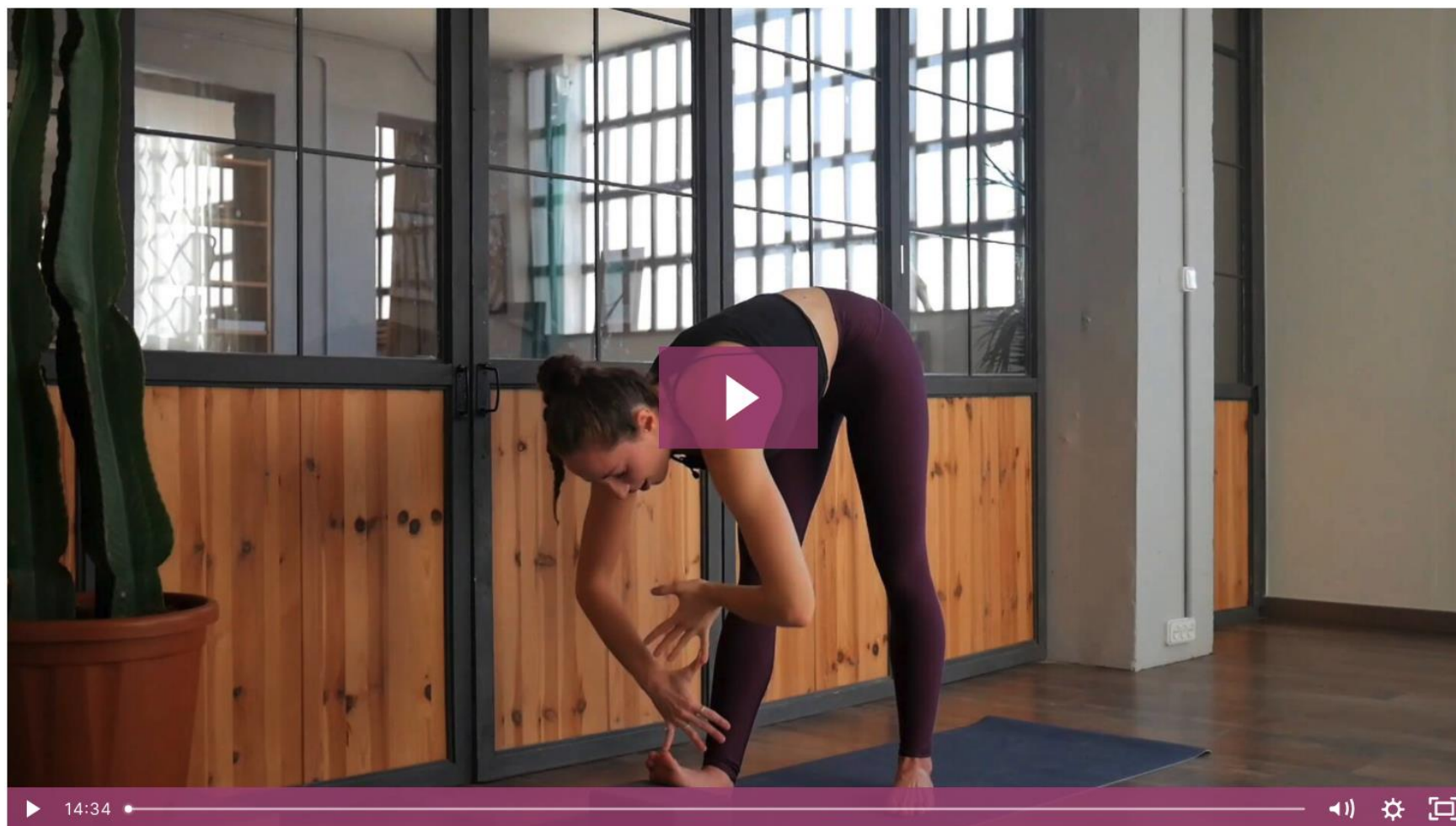


ADVANCED SKILLS

7. Front Splits Routine

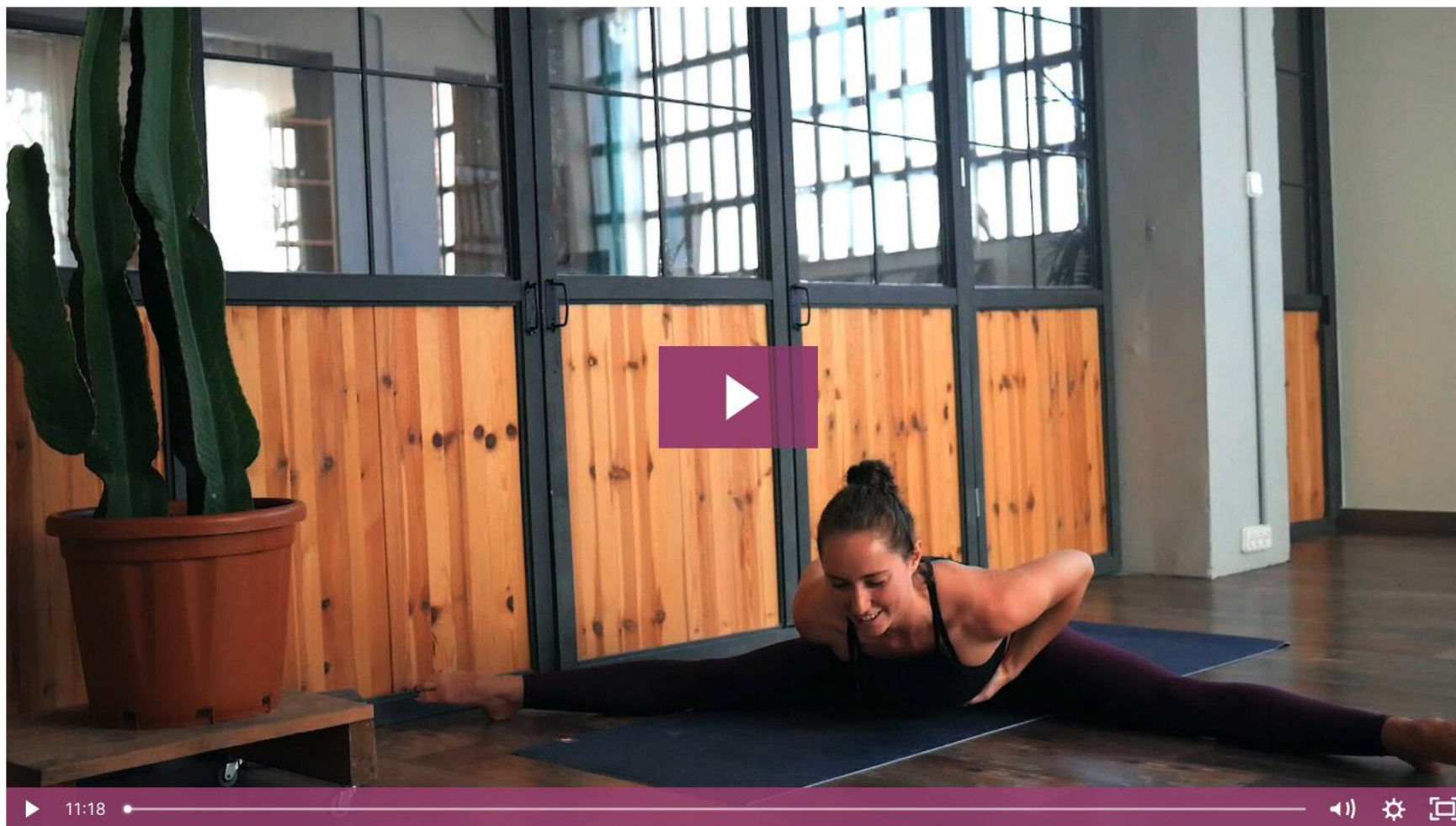
In this sequence we are going to be working on all the components needed to perform front splits without restrictions. If you struggle with front splits, either **hamstring or hip flexors** are not flexible enough. You can also feel restrictions in your **hips or spine**. These drills are going to help **increase your range of motion and strength at the same time**. It's a combination of mobility work, dynamic stretching, progressive overload stretching and passive stretching.

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8. Middle Splits & Pancake Routine

This routine is all about developing your middle splits or pancake that is needed for example when you later on want to progress in your handstands (better the pancake easier the press into handstand). For middle splits, the most important factors are **inner thigh flexibility**, but **tight hamstring** and **hip flexors** can cause issues, as well. These exercises are going to help you with flexibility and also build up strength, so your newfound range is actually functional. [CLICK HERE TO DOWNLOAD PDF](#)



9. Backbend Routine – Level 1

Choose this routine if you're starting out your backbending practice or don't feel extra comfortable in your Wheel pose just yet.

Backbends are a very difficult move. No wonder - just have a look at we are doing most of the day - sitting with our shoulders hunched forward, head down and legs in a 90-degree angle.

The Wheel (or Bridge) is a total opposite of that - the **front body and shoulders are open, hip flexors are lengthened and head is back.**

Achieving a good backbend takes time and lots of practice. And this is exactly what this routine will help you out with - **opening your shoulders and hip flexors and strengthening the spine.** We are also going to be working on **the flexibility and strength of our wrists** - an element of backbends that is often being overlooked.

After you feel secure in this routine and your Wheel starts to feel more comfortable, step it up with Level 2.

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10. Backbend Routine – Level 2

Use Level 2 Backbend Routine if you have gone through Level 1 and are comfortable with the positions OR if you're at a good backbending level (comfortable in a Wheel position and ready to step it up further).

Backbends are a very difficult move. No wonder - just have a look at we are doing most of the day - sitting with our shoulders hunched forward, head down and legs in a 90-degree angle.

The Wheel (or Bridge) is a total opposite of that - the **front body and shoulders are open, hip flexors are lengthened and head is back.**

Achieving a good backbend takes time and lots of practice. And this is exactly what this routine will help you out with - **opening your shoulders and hip flexors and strengthening the spine.** We are also going to be working on **the flexibility and strength of our wrists** - an element of backbends that is often being overlooked.



BONUSES

11. Special Bonus: Handstand Mobility

Strong and flexible wrists and shoulders are the most important thing for any weight bearing exercise. Use this routine before you practice **handstands** or **arm balances**. [CLICK HERE TO DOWNLOAD PDF](#)



12. Special Bonus: Desk Relief

Are you sitting behind your desk all day and your neck, shoulders and back are screaming for help? Try this routine! You can do this even while sitting at your desk - perfect for a mini work break.



13. Special Bonus: De-stress Yoga

Give your nervous system a much needed break with this De-stress Yoga routine. Calm and slow moves, big attention to your breath and my favourite pranayama for calming down - Nadi Shodhana. Enjoy!



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