

с к а ч а т ь stress-free shoulders yoga for runners

日本の男性のために、特別に厳選された美しいモデル動画。

なぜ私たちを選ぶのか？

- 日本人男性向けに特化
 - 厳選された国際モデル
 - スマホでもPCでも視聴可能
 - 匿名 & 安全
 - 高画質ビデオ体験
-

今すぐ体験を始めましょう

 [今すぐ見る・参加する](#)

あなたのための特別なひととき

忙しい毎日から解放され、美しいモデルとの時間を楽しんでください。あなたの好みに合わせた映像が、ここにあります。

A well rounded 60 minute yoga practice specifically designed for runners. By integrating yoga into your routine, you can. This 15 minute yoga stretch is designed to relieve upper body tension and melt away stress. Struggling with shoulder tension. This dynamic yet gentle flow helps to unlock tight shoulders, increase range of motion, and free up movement in the chest, arms, and back. 🧘 focused stretches for shoulders, chest, traps. Some of the poses are spinal rolls. Enjoy the modifications incorporated in this video, and choose what best suits your body and needs. With its emphasis on stretching, strengthening, and mindful movement. In this slow flow, the focus is on releasing tightness in your back, shoulders, and neck so you can feel more comfortable in your upper body when you run. Downward facing dog make your. Not only does it require very little equipment all you really need is a decent yoga mat and there is a tonne of free classes online so its super accessible, yoga has been. This yoga routine is designed to help you release stress and tightness in your shoulders. Either way, this quick sequence of yoga moves can help you cool down, increase flexibility, and bring more stability and love. Fit this short session in after your run to strengthen and elongate your muscles.