



6-pack & Backpack with YogaFit fusion 4

Follow along with the video in our Facebook group or complete your own sets and reps of the following:

Suggested equipment options:

- Small towel or fabric belt
- Yoga mat or soft surface
- Yoga Block or book
- 5-20 lb weight or heavy book

Warm up

Complete 1-2 rounds of this full set in sequence for a 5-10 minute warm up to increase range of motion at each joint.

1. Towel pull overhead with forward lunge
 - Pull towel tight with arms overhead. Lift and lower the towel 4-5 times.
 - Add alternating forward lunge 4-8 times.
 - Add pull towel to knee for 4-8 more lunges.
 - Add pull towel to side of knee for core rotation for 4-8 lunges.
2. Stationary lunge with wood chop towel
 - Hold Right forward lunge
 - Pull towel to side with core rotation and then up and over shoulder rotating the other way for 6-10 times.
 - Repeat other side.
3. Alternating Side lunge
 - bring towel from overhead to knee as you lunge to the side
 - alternate for 6-10 times
 - then hold on right side and add transverse push through with towel
4. Overhead towel hip hinge
 - Dead lift movement with towel /arms kept over head
 - Add alternating step back as you tip forward
 - Add hold step back and pull knee to towel, toe down or hover, repeat other side
5. Towel pull around the world with wide stance, alternating

Power set

You can do each block 1-3 times. You can keep the repetitions the same or decrease with the sets.

Block 1

1. weighted squat prep for 6-10 times

- Add power front raise (kettlebell swing) for 6-10 times
 - Add overhead power squat and weight raise
2. Weight around the world, alternating 8-10 times.
 3. Hold wide squat with front ball raise
 - rotate to side, centre, down, up, other side and repeat 6-10 times
 4. Repeat around the world 8-10 times.

Block 2

1. Split Plank with one hand on block,
 - reach floor arm forward 6-10 times.
2. Repeat weighted front power raise to overhead 6-10 times
 - Add low jack or alt side squats
3. Repeat split plank arm lift other side 6-10 times
4. Repeat weighted front power raise overhead and add jack or squat 6-10 times

Break: 30-60 seconds, or walk around, stretch, drink water.

Block 3

1. Lying towel pull curl to push towel up 8-10 times
 - Can use alt leg to help
 - Add oblique twist, alternating sides, 6-10 times
2. Single leg V-sit hold, repeat other side, 10-30 seconds each.
 - Repeat V with one or both legs.
3. Repeat curl push with towel or weight
 - Add oblique twist
4. Repeat V

Balance and YogaFit fusion set

Block 1

1. Overhead towel pulls with hip hinge 4-10 times
 - Add alt leg step back, 4-10 times
 - Add runners lunge, 4-10 times
2. Plank to pike, 4-10 times
 - Add alternating three-legged dog, 4-10 times
 - Add arm lift to plank after pike, 4-10 times

Option to repeat this sequence 1-2 times.

Block 2

1. Med ball overhead to hinge forward, 4-10 times
 - Add hinge sequence: Down, runners lunge, push back to hinge, stand tall
 - Alternate sides, 4-10 times
2. Repeat plank pike 3 dog arm lift sequence.
3. Hold plank 15-30 seconds
 - Add alternating side plank 4-10 times
 - Add plank lunge to warrior 1 (side step and lift arms high into lunge)

Block 3

1. Alternating weight around the world 6-10 times.
 - Add dynamic triangle pose with hand on weight and dynamically reach other hand from floor to ceiling, rotating through torso, 6-8 times
 - Add side leg lift (half moon pose), 10-20 seconds
 - Add abduct leg up and down, 4-8 times
 - Add front rotation to Warrior III pose, 4-6 times

Repeat this sequence other side

2. Repeat around the world

Stretch / Mobility Set

Dynamic Block

You can move from one movement to the next OR perform 4-6 repetitions of a movement before moving on to the next. You can hold poses for as long as you like, however, this set is meant to be slow and dynamic to cool the body down, decrease heart rate and improve mobility / flexibility for life and the next workout.

- Wide squat with reach arms up and down (with each inhale and exhale)
- Alternating Side bend with lunge and reach overhead
- Add hold to one side, then shake out arms and upper body in forward fold (ragdoll)
- Squat with reach up and down
- Alt. side bend and lunge
- Windmill arms to other side
- Inner thigh stretch (standing wide and moving side to side) wide legs or mobility squat, low to ground
- Forward to down dog alternating with floating table
- Down to knees to child's pose, hold for 10-30 seconds, move to lying
- Cobra or up dog, alternate with child's pose
- Down dog, hold single calf stretch on each leg
- Up dog or cobra alternating with child's pose

- Down dog and peddle feet
- Up dog or cobra, alternating with child's pose,
- Finish in Child's pose, rest head for 30-90 seconds.

Static / Slow set

- Side lying quads stretch, right then left, 15-30 seconds each
- Lying knees to chest with breath moving in and out
- T arms with knees rocking side to side
- Then hold knees to one side and chin to opposite side
- Rock knees side to side and repeat hold other side

Relaxation Set

- Lying contraction relaxation: contract entire body with a few breaths and release on 3rd exhale, 2- 3 times.
- Lying relaxation or meditation for as long as you like.
- Knee tuck with forward back rock to come to seated
- Cross legged arm reach up and down with each inhale and exhale

Namaste