



## Karen's 6-Pack & Backpack + YogaFit Class April 23, 2020

(See April 23 Facebook Post for video)

**Equipment suggestions (not required):**

- Mat
- hand weight, medicine ball or heavy book
- yoga block or towel

**Music suggestions (not required):** you may use your own music, find the following songs or my Spotify Playlist "YogaFit April 2020", search Karen Nixon-Carroll

Warm up (Video 1)

Song: Never Give up, Sia

8-10 reps each or work with musical changes

<b>Leg wide Hip Shift</b>	<b>Squat to stand and reach overhead</b>	<b>Alt Side lunges with Lateral reach overhead</b>
<b>Circular Reach / Hip rotation</b>	<b>Alt forward lunge to front raise overhead</b>	<b>Plank to Pike or knee plank to child's pose</b>
<b>Alt side plank</b>		

Core Circuit (Video 1)

Song: Uma Thurman, Fall Out Boy

8-10 reps each or work with musical changes

<b>Upper Body Circles Left</b>	<b>Wide Squat to overhead front raise</b>	<b>Plank with leg raises</b>
<b>Repeat above with circle other way</b>		
<b>Lying slow curl up</b>	<b>Hip bridge leg raises</b>	<b>repeat</b>

Core Legs focus (Video 2)

Song: Dragula, Rob Zombie

8-10 reps each or work with musical changes

<b>Alt lunge forward</b>	<b>Left stationary lunge, hands to left hip, right lunge back to centre and cross hands to right shoulder</b>	<b>Hold stationary left lunge with hands to chest</b>
<b>Pulse left lunge low</b>	<b>Isometric left lunge with cross from left hip to right shoulder</b>	<b>Alt reverse lunges or scissor lunge with rotation from hip to chest to alternating sides</b>

Balance and Plank focus (Video 2)

Song: Roar, Katy Perry

8-10 reps each or work with musical changes

<b>Plank for 20 sec</b>	<b>Reverse bear crawl to low squat or stand</b>	<b>Plank to Pike</b>
<b>Plank to alt knee cross to elbow</b>	<b>Plank to alternating cross leg extension with side plank reach</b>	<b>repeat</b>
<b>Standing knee lift balance, 10-30 seconds side</b>	<b>Knee balance to abduction balance</b>	

Abs and Glute focus (Video 2)

Song: Remix, New Kids on the Block

8-10 reps each or work with musical changes

<b>Curl slow tap to knees</b>	<b>Curl quick tap to knees</b>	<b>2x quick to 1 slow (4x)</b>
<b>Alt oblique curl with cross tap to knee</b>	<b>repeat</b>	<b>Alt hip bridge with leg raises</b>

Sun Salutations (Video 3)

Song: Earth Song, Michael Jackson

2-4 reps of each flow or combo first 2 moves, then layer in each one, returning back to the sequence before adding the next.

<b>Mountain pose to arm reach with breath</b>	<b>Baby back bend with reach overhead</b>	<b>Swan dive forward with modified or forward fold</b>
<b>Plank or knee plank</b>	<b>Cobra or up-dog</b>	<b>Downward dog</b>
<b>Warrior I (make sure to alternate legs when you repeat the sequence)</b>	<b>Forward fold</b>	<b>Baby back bend with reach up, back to mountain pose</b>

Power Yoga Legs focus (Video 3)

Song: Dangerous, David Garrett & Royal Philharmonic Orchestra)

2-4 reps of each flow.

<b>Wide mobility squat 3x low to prayer hands push from chest to overhead, add calf raise</b>	<b>Side lunge flow to Warrior II</b>	<b>Flow to Warrior I lunges and reach over head, hold low pose</b>
<b>Repeat other side</b>		

Plank / Stability focus (Video 4)

Song: Earth, Sleeping at last

2-8 reps of each flow. Choose to hold poses for desired length of time.

<b>Elbow plank hold for 30-60 seconds</b>	<b>Plank with opposite knee cross to elbow, push to 3-legged Dog</b>	<b>Alternating Side Elbow Plank</b>
<b>Cat Cow Active Recovery</b>	<b>Repeat above</b>	<b>Hold High Plank</b>
<b>Child's pose recovery</b>		

Mobility and Strength Combo focus (Video 4)

Song: Love Yourself (Piano Arrangement), The Theorist

2-8 reps of each flow. Choose to hold poses for desired length of time.

<b>Downward Dog, Pedal feet</b>	<b>High Plank to push up</b>	<b>Modified Child's Pose</b>
<b>Cobra or up-dog</b>	<b>Bow pose with swim arms</b>	<b>repeat</b>
<b>Alt high side plank</b>		

Dynamic Stretch focus (Video 4)

Song: Wildest Dreams, Ryan Marvel

2-8 reps of each flow. Choose to hold poses for desired length of time.

<b>Wide squat to Alt side lunge with lateral reach overhead</b>	<b>Circle forward fold, ragdoll arms</b>	<b>Warrior I to hip flexor stretch, to triangle legs with forward fold</b>
<b>Feet together, forward fold</b>	<b>Repeat other side</b>	

Stretch focus (Video 5)

Song: Surrounded by Nature, Chill Cole

15-20 seconds each stretch or 3-5 deep breaths each pose.

<b>Seated knee pull to chest</b>	<b>Lying knee rock side to side, hold to one side, turn head opposite direction, repeat other side</b>	<b>Knees pull to chest and chin, release and repeat</b>
<b>Hip and glute mobility butterfly legs, hold feet</b>	<b>Lying arms overhead stretch</b>	<b>Lying Lower legs and hamstrings stretch</b>
<b>Lying Quadriceps stretch</b>		

Relaxation focus (Video 5)

Song: Waves, Opus Monik

15-20 seconds each stretch or 3-5 deep breaths each pose.

<b>Lying face down, head on block or towel, release neck and shoulders</b>	<b>Child's pose</b>	<b>Seated overhead reach to prayer or lotus</b>
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