

Yoga Fit

Video 1

1. Warm up: Child's pose 30 sec. Stay in child's pose; cross right arm under left arm pit, 3 breaths. Repeat left side. Cat cow spinal warm up, 5x.
2. Mountain pose. First Sun salutation. Repeat 10x.
3. Workout begins: Cheetah 5x. Mountain pose, to chair/lightening pose, alternating lunges in low squat x12.
4. Low Jacks x30 sec.
5. Sun Salutation 5x.
6. Repeat on left side.
7. Sun salutation 5x.

Video 2

1. Down dog to 3 leg down dog to crescent lunge, launch to standing split. Calve Raises x12.
2. Warrior 2, reach back (reverse warrior) and forth (right elbow on right knee) x10
3. Sumo squat with arms x12. Hold and pulse for 5. Repeat 2x.
4. Sun salutation 4x
5. Repeat on left side.
6. Sun salutation 4x.
7. Child's pose, 5 breaths.
8. Alternating high side plank x10.
9. Child's pose, 1 breath.
10. Boat pose or knee tucks/sprawls 30 sec.
11. Child's pose 5 breaths.

Video 3

1. Down dog to 3 leg dog to pigeon pose x6. Crescent lunge pose to overhead extension, then push up x6.
2. 3 sun salutations.
3. Repeat left side.
4. 3 sun salutations.
5. Lying on back.
6. Bridge position. Thrust x10. Clasp hands under the gluts, pulse x10. Hold. Remove left leg and thrust x5. Repeat right side.
7. Option to hold bridge or practice Wheel 30 sec.
8. Last 5 sun salutations.
9. Lying on back and reflection.