BASICS FOR MEN

An Intro to Man Flow Yoga™

Unrivaled Definition

Core Strength

Balance and

Flexibility

Over
75 exercises,
poses, variations
and 6 Yoga
Workouts!

By Dean Pohlman

CEO & Founder, Man Flow Yoga





JOSA BASICS FOR MEN

An Introduction to Man Flow Yoga™.

All of the physical benefits, and none of the frills. Improve your physical fitness, reduce the risk of injury, and feel better.



By Dean Pohlman



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Intro to Man Flow Yoga™

Man Flow Yoga focuses on the physical benefits of yoga as they relate to physical fitness. Emphasis is placed on building endurance, body control, balance, core strength, and flexibility through the exercises found in yoga. All of the physical benefits, and none of the frills. Man Flow Yoga is internationally recognized as one of the leading experts on yoga for men.

Man Flow Yoga was founded by the current CEO and Yoga Beast of Man Flow Yoga, Dean Pohlman. Man Flow Yoga is based in Austin, Texas.

Accolades:

- » Man Flow Yoga has been featured by the Huffington Post on multiple occasions, and its founder and CEO, Dean Pohlman, is a frequent guest on Huff Post Live.
- » Man Flow Yoga is the most popular brand of yoga for men on Facebook, with over 35,000 likes as of March 2015..
- » Man Flow Yoga is also one of the most popular YouTube channel for yoga for men, with over 9,000 subscribers as of March 2015.



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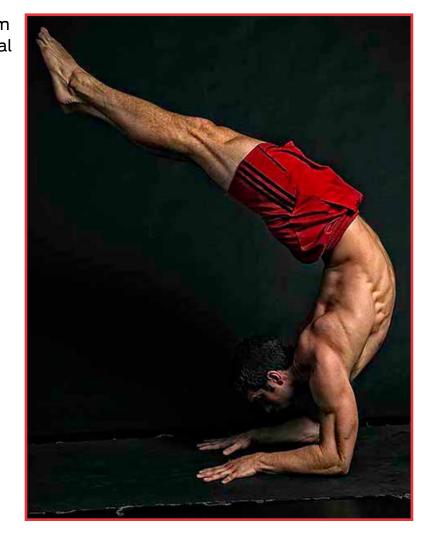
Message from the Author, Dean Pohlman, CEO and Founder, Man Flow Yoga™

Welcome to Man Flow Yoga Basics. I am writing this to help bring you the physical benefits of yoga from the perspective of an athlete who has used yoga to improve his physical fitness. The Man Flow Yoga Basics eBook will teach you how to properly execute yoga exercises (poses) in an easy-to-follow fashion. It will also explain which muscles are being targeted, list practical benefits, and give concrete examples of how each exercise will help improve your physical performance. This eBook will also cover the benefits of consistent yoga in a physical fitness regimen, explain key concepts to help you safely progress, explain and give examples of proper sequencing (the order in which the poses or exercises are performed), and explain the services and additional content that Man Flow Yoga provides.



My first yoga class was entirely on accident. I was looking for the tailor

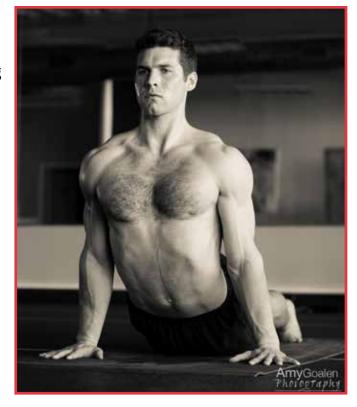
and stumbled into a Bikram Yoga studio. I had always been interested in yoga but had never taken a yoga class before that day. I asked the yoga instructor if this class



would help my athletic performance. (At the time I was a lacrosse player for the University of Wisconsin.) She told me that it would help me tone my muscles and make me much more flexible. That was exactly what I was looking for. Then she said that I didn't even have to wear my shirt for the workout. Two hours later, drenched in sweat from head to toe, feeling like I had just exited the pool, and utterly exhausted, I had just completed my first yoga class. It was, and probably will remain, the hardest workout that I have ever done. From that point on, I was sold.

After two months of doing yoga consistently, I realized that the benefits of yoga extended far beyond flexibility. My level of limberness skyrocketed, and so did my endurance, body control, core strength, and balance, just to name a few of the benefits I was experiencing. More than that, it made me even stronger in the weight room. I first began instructing yoga as the conditioning coach of my lacrosse team in 2011. That success encouraged me to take my knowledge and passion to a larger

audience. I started Man Flow Yoga in January of 2013 to bring the physical benefits of yoga to as many people as possible. Since then, I have been teaching at gyms, parks, workshops, international retreats, and online. I am a certified 200-HR Registered Yoga Teacher through Yoga Alliance.



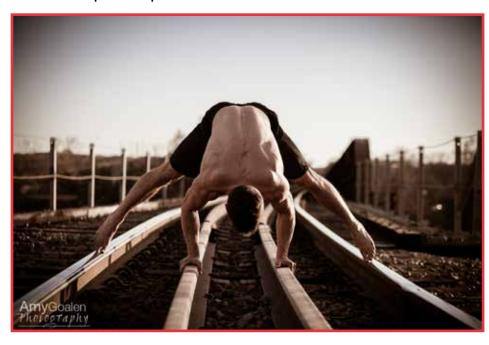
Physical Benefits

Making Man Flow Yoga a consistent part of your fitness routine will improve every aspect of your physical fitness. Although the word "flexibility" is the one word that most often comes to mind when you think of yoga, a yoga workout (and a Man Flow Yoga workout in particular) actually focuses on much more than this. Here are the main physical benefits that you will experience:

- » Endurance make it through your whole workout with fewer breaks, play harder in the last few minutes of the fourth quarter, and have more overall energy.
- » Body control become aware of every muscle in your body, facilitate a better connection between the muscular and skeletal systems and the brain that controls them, and make your body as efficient as possible.
- » Balance develop balance by learning to actively engage your muscles and improve your ability to respond to perturbations or unbalanced situations.
- » Core strength learn to properly engage your core and strengthen the main source of power and stability in your body, while improving your posture and taking pressure off of your lower back to improve spinal health.
- » Flexibility reduced risk of injury, reduced recovery time, and more range of motion to increase your overall strength and power.

Some other benefits:

- » Increase blood flow
- » Alleviate anxiety and depression
- » Boost metabolism



Many people are also turning to yoga as a form of physical therapy or physical fitness to prevent or reduce injuries.. Here is a list of common physical ailments whose side effects can be reduced or altogether eliminated by Man Flow Yoga:

- » Lower back pain
- » Shoulder/neck pain/tightness
- » Rotator cuff/shoulder issues
- » Muscle cramps
- » Weak ankles (reduce the risk of ankle sprains)
- » Unstable knees (help MCL, ACL, or subluxation of the knee)
- » Tendonitis
- » Carpal tunnel syndrome
- » Sciatica
- » Disc herniation
- » SI instability
- » And many more...

Key Concepts

Here are the key concepts that you should keep in mind while performing the exercises in this eBook to help protect yourself from injury. This includes physical concepts such as keeping a slight bend to your knee, but also mental concepts like listening to your body, knowing when to continue, when to stop, when to push, when to pull back, and, more importantly, when NOT to push.

- The most important thing that you can do while doing the exercises involved in yoga is to listen to your body. Listen to what feels good, what feels slightly uncomfortable, and what feels very uncomfortable. Sharp pain or pinching should be avoided, while moderate discomfort is usually your body becoming accustomed to deeper range of motion or stretching.
- 2. Man Flow Yoga workouts almost always start with full-body exercises to warm up the muscles and properly prepare the body before moving into static poses that push flexibility boundaries. The only exception is if the muscles are already warm (Ex: If the Man Flow Yoga session is done immediately post-workout).
- 3. For exercises focusing on the hip flexors, this means shortening the distance between your feet.
- 4. For exercises focusing on the hamstrings, this means taking a deeper bend to

- your knee, and/or shortening the distance between your feet.
- 5. For exercises that involve back-bending, this means minimizing the arch in your lower back by squeezing your lower abdominal muscles tight in order to form a straight line from your pubic bone to shoulders, thereby protecting your lower spine.
- 6. Do not attempt to force your flexibility levels. With time, your body will adjust to these exercises, and your level of flexibility and control will increase. Pushing beyond your flexibility limits is similar to attempting to reach a new level in strength by adding an extra 50 pounds to your current one repetition maximum without proper preparation (which is not something that you would attempt).
- 7. Breathing Last but not least is the breath. In yoga, you want to focus on linking your breath with your movements. When you inhale, you lengthen or rise. When you exhale, you deepen the stretch, sitting down lower, bending more, or reaching further. Concentrate on breathing in and out of the nose as slowly as possible to help you control your breathing rate. Control your breath; control your body.

Exercise Guide

The exercise guide includes over 75 exercises, poses, and variations which were carefully selected to ensure that you are given all the tools necessary to reap the physical benefits of yoga without being overwhelmed by a large number of exercises. The exercise guide will briefly and effectively:

- 1. List target muscles or muscle groups of each exercise.
- 2. Provide specific examples of physical benefits (i.e. increased range of motion for more power in shots, or more flexible hamstrings to reduce tightness in the lower back).
- Explain proper execution of exercises using concise language and high-quality visual aids.
- 4. Include modifications and variations for people who are unable to perform the exercise as it is described.



List of Exercises (Poses):

Mountain

Forward Fold

Half Lift

Standing Side Stretch (Crescent Moon)

Standing Backbend (Crescent Moon)

Standing Forward Fold (Fingers to Toes)

Squat Hold (Awkward Pose)

Deep Squat (Garland, Yogi Squat)

Chair

Chair Twist

Runner's Lunge

Runner's Lunge Twist

Airplane Lunge

High Lunge (Crescent Lunge)

Standing Splits

Lizard

Wide-legged Forward Fold

Warrior 1

Humble Warrior

Pyramid

Revolved Pyramid

Warrior 2

Side Angle

Reverse Warrior

Extended Side Angle

Triangle

Haka (Horse or Goddess)

Tree Pose

Airplane

Standing Bow (Dancer)

Eagle

Warrior 3

Half Moon





High Plank

Side Plank

Low Plank

Upward Facing Dog

Downward Facing Dog

Dolphin

Yoga Push-up

Turbo Dog Push-up

Knee to elbow / nose

Low Lunge

(Kneeling Lunge)

Low Lunge Twist

Half Split

L-Sit (Staff Pose)

Boat

Butterfly

(Bound Angle, Cobbler)

Seated Twist

Seated Forward Fold

Bird-dog

Cobra

Skydiver (Full Locust)

Superman

Bow

Child's Pose

Cat-cow

Needle Thread (Thread the Needle)

Turn Signal (Prone Chest Stretch)

Pigeon

Frog

Supine Bicycle

Bridge

Happy Baby

Reclined Quad Stretch

Reclined Twist



Reclined Figure 4
Arms Overhead (Volcano)
Goalpost
Finger Snails
King Tut
Eagle Arms
Interlaced Fingers Behind Back
Strap Behind Back
Sun Salutation
Half Sun Salutation
Downdog Step-up



Sequencing

Sequencing is the order in which the exercises (poses) are performed. It is extremely important for poses to be properly sequenced, or the yoga workout can be ineffective or even dangerous. This eBook provides several sample sequences that you may use as a basis for your own sequencing. By studying the sequences, you will begin to understand why poses are completed in a certain order. This will be an invaluable tool for coaches, captains, doctors, or physical therapists who would like to design a workout tailored specifically to their personal, team, or client needs.

Services / Additional Content:

This section offers details on how to obtain additional Man Flow Yoga content, or even work directly with CEO and Founder, Dean, either through personal training online via web conference software (Google Hangouts or Skype), or in person for private or group classes in Austin, Texas. Dean also does weekend seminars in the location of your choice if you wish to instruct a group, team, or professional staff. See the full services section on page 53 for details.





Exercise Guide





Standing

Mountain

Basic standing pose. Aspects of mountain pose are found in every pose in Man Flow Yoga Basics. This is a great pose to start your workout with in order to get your body accustomed to the proper posture required in yoga.

Target Area: Full body

Practical Benefits: Improve posture, release shoulder tension, properly engage the core, and increase body awareness.

Technique:

- 1. Stand with big toes touching and heels an inch apart.
- 2. Slightly bend the knees to prevent locking out, and engage the thigh muscles. Relax the glutes.
- Reach the tailbone down to the ground, tilting the pelvis slightly upward to take the arch out of the lower back and engage the abdominal muscles.
- 4. Lift the chest, draw the ribs in towards one another, and relax the shoulders.
- 5. Actively reach hands down toward the ground with palms facing forward.
- 6. Hold this pose for 30 60 seconds.

Tips: Form a straight line from your pubic bone to shoulders to properly engage your core.





Forward Fold

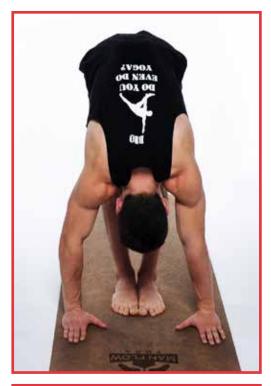
Target area: Lower back, spine, hamstrings

Practical Benefits: Reduce tightness and improve flexibility in your lower back (especially effective for after lots of walking, running, or exercises that focus on the lower back, like dead-lift.)

Technique:

- 1. Feet together or hip-width distant.
- 2. Bend the knees as much as possible to rest your chest on your thighs.
- 3. Head and neck relaxed, gaze focused backwards or up at the belly button.
- 4. Hold for 5 seconds 1 minute.

Tips: Standing forward fold is focused on lengthening the spine. Don't shift the focus to the hamstrings by trying to straighten your legs. There are plenty of other poses that will target your hamstrings.





Half Lift

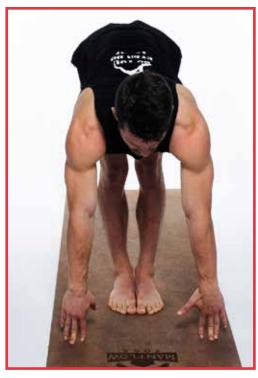
Target area: Hamstrings, lower back, spine, core

Practical Benefits: Warm up the hamstrings, reduce the risk of injury from sudden movements, and reset the spine.

Technique:

- 1. Feet together, back flat, and (option 1) hands pressing into shins or (option 2, for more flexible individuals) fingertips on the ground.
- 2. Pull chest forward while pressing abdomen toward the ground.
- 3. Keep neck in line with the back; parallel to the ground.
- 4. Hold for 5 15 seconds. It is usually employed as a transition.

Tips: Generously bend your knees to flatten your back. Use a mirror to figure out what it feels and looks like to have a flat back.





Standing Side Stretch (Crescent Moon)

Target area: Upper back, core, shoulders

Practical Benefits: Increase range of motion of your upper back, shoulders and core to increase power in twisting movements, such as throwing a ball with a lacrosse stick, swinging a baseball bat, or performing a slap shop in hockey.

Technique:

- 1. Stand in Mountain pose (page 18) with toes touching, knees slightly bent, core engaged to prevent arching in the low back. Chest raised, and shoulders relaxed.
- 2. Extend arms overhead, interlace fingers and point index fingers.
- 3. Reach arms up and over to the side.
- 4. Press hips in opposite direction.
- 5. Keep arms straight, biceps by the ears, and chin lifted away from chest.
- 6. Come back to center and switch sides.
- 7. Hold for 30 60 seconds.

Tips: Keep both sides of the body long. Lift your chest, press your palms together, and press your arms away from your body to maximize the effectiveness of this exercise.





Standing Backbend (Crescent Moon)

Target area: Chest, shoulders, upper back, core

Practical Benefits: Increase the range of motion of your for back bending and creating range of motion in your shoulders.

Technique:

- 1. Starting in Mountain pose (page 18), reach your arms overhead, shoulder-width apart, with both palms facing forward.
- 2. Lift chest up and then back in a backbend, lengthening the spine as you bend.
- 3. Squeeze arms as far backwards as possible.
- 4. Avoid bending in the knees and arching in the lower back.
- 5. Hold for 30 60 seconds.

Tips: You should begin to shake as you reach your flexibility limit. You should feel a stretch in your core, chest, shoulders, and the compression of the muscles in your upper and middle back. If you feel a pinching sensation in your lower back, remember to get your butt under your torso and engage your core.



Standing Forward Fold (Fingers to toes)

Target area: Lower back, hamstrings, shoulders, upper back, spine

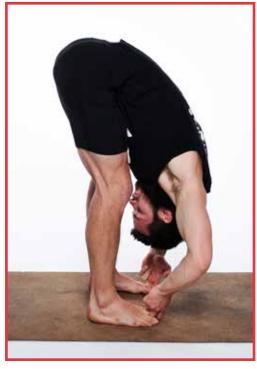
Practical Benefits: Increase hamstring and lower back flexibility to help reduce lower back soreness and reduce the risk of injury.

Technique:

- 1. Start with feet six inches (hip-width distant) apart, toes facing straight forward.
- 2. Bend knees enough to squeeze the chest on top of the thighs (without heels leaving the ground).
- 3. Slip the index and middle fingers between the largest and second largest toe, and grip the big toes.
- 4. Flare elbows out to the sides, pull shoulders up away from the ears, and use arm strength to pull the upper body towards the ground.
- Look back through the opening between the legs, and then slowly straighten the legs to create a stretch in the lower back, hamstrings, and calves.
- 6. Squeeze quad muscles tightly to maximize the stretch and protect the hamstrings.
- 7. Hold for 30 60 seconds.

Tips: For this stretch, you want to think of "sandwiching" your lower core and upper thighs as much as possible. If you can't quite make that happen (even with bending your knees), just get as close as possible while keeping your heels on the ground.





Squat Hold (Awkward Pose)

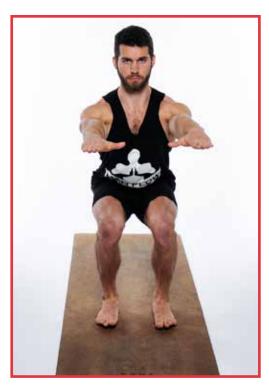
Target area: Hamstrings, quads, hip flexors, external hip rotators, core

Practical Benefits: Improve the depth and weight involved in your squats and build lower body endurance and core stability.

Technique:

- 1. Start with feet six inches apart and middle toes lined up with the heels.
- 2. Sit hips down low in a squat position, ensuring that the core is engaged and the back is flat.
- 3. Weight in the heels, knees to the back.
- 4. Extend arms straight out, parallel to the ground with shoulders relaxed.
- 5. Hold for 30 seconds to 3 minutes.

Tips: Maintain a straight line with your torso so that your chest is not puffed out. You want to keep your ribs drawn in towards one another so that your core stays engaged and your chest does not splay out.





Deep Squat (Garland, Yogi squat)

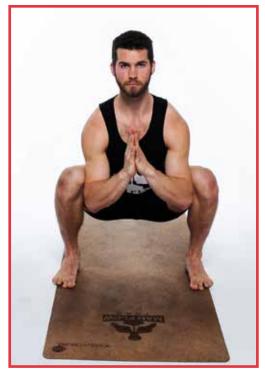
Target area: Hip flexors, external hip rotators, quads, core

Practical Benefits: Improve the depth of your squat for more lower body power.

Technique:

- 1. Separate your feet about 2 feet apart, with toes facing as straight forward as possible.
- 2. Bend knees slightly, then lower butt toward the ground, keeping knees behind toes.
- 3. Keep chest upright and heels firmly planted.
- 4. Allow knees to press to the outsides to deepen the squat.
- 5. Flatten the back and make the chest as broad as possible.
- 6. Hold for 30 60 seconds.

Tips: With palms together, press your elbows into your knees, and knees into your elbows to help engage the inner thigh muscles. This will allow you to squat deeper.





Chair

Target area: Hamstrings, upper back, shoulders, quads, hip flexors, core, external hip rotators

Practical Benefits: Increase range of motion in squats while maintaining core strength in order to improve squats, build lower body strength, and increase endurance in core and lower body while opening the shoulders.

Technique:

- 1. Start in Mountain pose (page 18), with big toes touching and heels an inch apart.
- 2. Internally rotate the thighs, engage the core, and then lower the hips toward the ground.
- 3. Keep the knees behind the toes, and maintain a flat spine.
- 4. Extend the arms upwards, lining up the arms with the ears. Shoulders stay down.
- 5. Hold for 30 60 seconds.

Tips: Do not allow your chest to splay open. Keep a straight line through your spine. The weight of your body should be in your heels, so that you can pick your toes off the ground. You should be able to see your toes if you look down.





Chair Twist

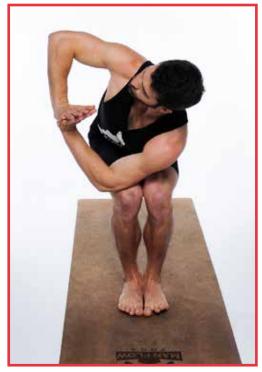
Target area: Quads, core, spine, lower back, upper back, external hip rotators

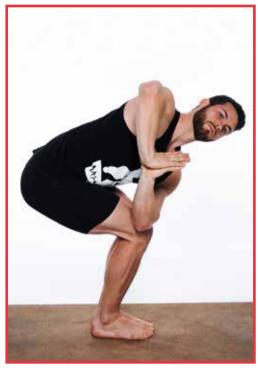
Practical Benefits: Improve the range of motion in the spine for twisting motions while developing lower body strength. Ideal for movements that involve squatting and twisting, such as a football player reacting and changing directions after the football is snapped.

Technique:

- 1. Start in Chair pose (page 26) (previous exercise).
- 2. Press the palms and fingers together in front of your sternum, and form a straight line with the forearms.
- 3. Hook one elbow on the opposite knee.
- 4. Lengthen the head forward away from the shoulders.
- 5. Push the butt down and back, keeping the hips below the shoulders.
- 6. Hold for 20 45 seconds.

Tips: Keep your hips facing straight forward, even with the twist. Check to make sure that your knees are even with one another as well.





Runner's Lunge

Target area: Hip flexors, core, hamstrings, external hip rotators, quads

Practical Benefits: Increase endurance in your lower body (especially hamstrings) while working into hip flexibility, which helps increase the length of your stride and help prepare your body to strongly make sharp cutting motions.

Technique:

- 1. Start from a Low Lunge (page 62), with knee over the ankle in the front leg.
- 2. Straighten the back leg, lifting the back knee.
- 3. Lower hips toward the ground to form a ninety degree angle with the front leg.
- 4. Lightly plant the hands on either side of the front foot.
- 5. Lift the chest off the front thigh, using core strength to hold the weight off the upper body.

Tips: Dig down through your front heel to focus on endurance, and pull legs toward one another to engage inner thighs and increase the effectiveness of this exercise. Keep neck in line with spine, gazing about one and a half feet ahead of the front foot.



Runner's Lunge Twist

Target area: Quads, external hip rotators, hip flexors, core, spine, lower back, upper back

Practical Benefits: Improve core strength and power for twisting motions while developing lower body endurance and balance.

Technique:

- 1. Start in a lunge, with knee over the ankle in the front leg, and the back leg straight.
- 2. Lower hips toward the ground to form a ninety degree angle with the front leg.
- 3. Lightly plant the hands on either side of the front foot.
- 4. Lift the chest off the front thigh, using core strength to hold the weight off the upper body.
- 5. Extend the arm corresponding to the front leg upwards, forming a straight line form hand to hand.
- 6. Press the head forward away from the neck, and look up at the extended arm.
- 7. Hold for 20 45 seconds.

Tips: Your lower body should not be any different in a twist than what it is in a standard runner's lunge. The twist occurs from your waist up. Keep the hips even by slightly lowering the front hip, and lifting the back hip.



Airplane Lunge

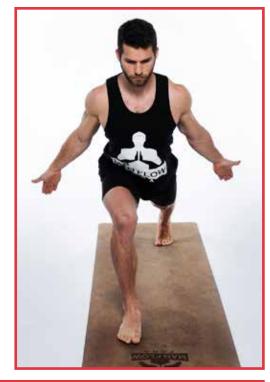
Target area: Core, hamstrings, quads, external hip rotators, upper back

Practical Benefits: Improve balance while developing strength in the lower body and core and facilitating a stretch in the upper body.

Technique:

- 1. Start in a lunge, with knee over the ankle in the front leg, and the back leg straight.
- 2. Lower hips toward the ground to form a ninety degree angle with the front leg.
- 3. Lift the chest off the thigh and extend the arms along the sides of the body, palms facing the ground.
- Tuck the chin toward the chest and the press the top of the head forward to keep the spine flat and stretch the neck.
- 5. Hold for 30 60 seconds.

Tips: Keep the weight in your heel and the ball of your foot in your front foot. Allow the back heel to lift off the ground in the back foot to help your body form a straight line from heel to head.





High Lunge (Crescent Lunge)

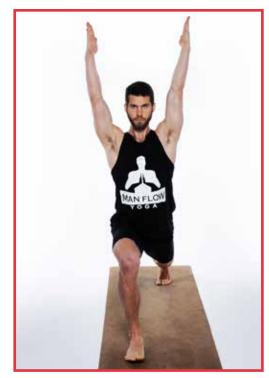
Target area: Hip flexors, core, shoulders, external hip rotators, hamstrings, quads

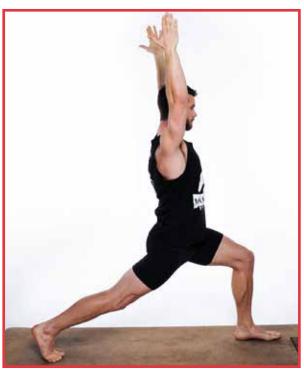
Practical Benefits: Increase flexibility in your hip flexors and endurance in your thighs while focusing on balance to improve your sprinting ability and strength in single leg squats or lunges.

Technique:

- 1. Start in a Runner's Lunge, with knee over the ankle in the front leg, and back leg straight.
- 2. Lower hips toward the ground to form a ninety degree angle with the front leg.
- Extend the arms overhead, maintaining a straight line from pubic bone to shoulders.
- Pull the shoulders down and back, squeeze the shoulder blades together, and turn the palms to face one another.
- 5. Hold for 30 60 seconds.

Tips: Start with a closer stance if your back is arching (i.e. you feel pinching in your lower back). Keep hips even, facing forward. Ribs draw in towards one another to prevent puffing of the chest and arching of the back.





Standing splits

Target area: Hamstrings, lower back

Practical Benefits: Improve hamstring flexibility to reduce the risk of injury while focusing on balance.

Technique:

- Lower hands down just in front of and on either side of the front foot. Bend knee if necessary.
- 2. Drape the chest over the standing leg, and then lift the opposite leg off the ground.
- 3. Internally rotate the lifted leg, point the toes and extend the leg as high as possible.
- 4. Squeeze head toward the shin and push down through the hands to deepen the stretch.
- 5. Hold for 20 45 seconds

Tips: Pull the hip of the planted leg away from the shoulder to help even out your hips and create a more even stretch throughout the back of your body.





Lizard

Target area: Hamstrings, hip flexors

Practical Benefits: Relieve soreness in the inner thighs, lengthen your stride, increase your power and agility in changing directions, and reduce the risk of injury to your hamstrings.

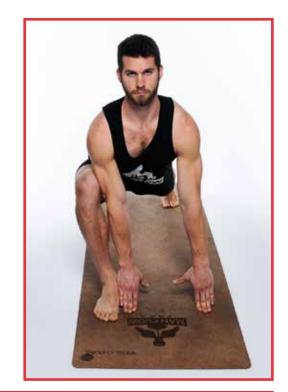
Technique:

- 1. From Runner's Lunge (see page 28), bring front foot to the outside of the corresponding hand.
- 2. Press both palms firmly into the ground.
- 3. Reach chest up and forward, lengthening the spine as much as possible.
- 4. Bring hips as close to the ground as possible while keeping back flat.
- 5. Hold for 30 60 seconds.

Modifications:

Lower the back knee for a restorative focus.

Tips: Press your core toward the space between your hands to deepen the stretch while maintaining a straight spine. As much as possible, prevent your back from rounding.





Wide-legged Forward Fold

Target area: Hamstrings, calves, core, lower back

Practical Benefits: Improve your running ability and reduce chronic pain in your lower back. This can also help alleviate the symptoms of shin splints.

Technique:

- 1. Start with the legs about 4 5 feet apart, feet slightly pigeon-toed, hips and shoulders facing the same direction, butt under the torso, core engaged, and shoulders relaxed.
- 2. Extend the arms and fingers laterally to form a straight line form fingertips to fingertips across the shoulders, palms facing down.
- 3. Forward fold the upper body, keeping the hips as still as possible.
- 4. Lower the hands or forearms to the ground. Grab the outsides of the feet for a deeper variation.
- 5. Press the upper body toward the ground, relaxing the head completely to look backwards.
- 6. Squeeze the core tight to deepen the stretch in the lower back.

Tips: Relax your neck. Transfer the weight toward the fronts of your feet and engage your core to reach your head closer to the ground.





Warrior 1

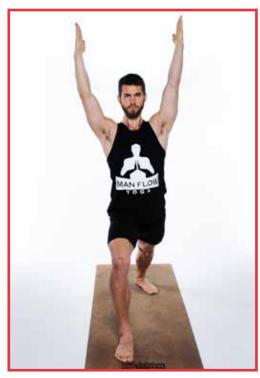
Target area: Hip flexors, core, calves, shoulders, upper back, quads

Practical Benefits: Increase hip flexibility, improve posture, and teach your body to properly use your core to protect your lower back while running, lifting, and while simply standing.

Technique:

- Back foot pointed forty five degrees away from the front foot, planted about two feet behind the front heel, and four inches to the inside of the front front.
- 2. Press into the outside of the back foot to maintain contact between the outside of the foot and the ground.
- 3. Hips and shoulders face as straight forward as possible. Front hip pulls back, back hip pushes forward.
- 4. Tilt the pelvis slightly upwards so that the pubic bone faces straight forward to engage the core, deepen the hip flexor stretch, and protect the lower back.
- 5. Extend arms overhead, palms facing one another, and relax the shoulders.
- 6. Hold for 30 60 seconds.

Tips: Make sure that you keep the back heel on the ground. Draw your ribs toward one another to prevent your back from arching. Use a mirror to help with this pose - it's tricky.





Humble Warrior

Target area: Chest, shoulders, upper back, hip flexors, quads, calves

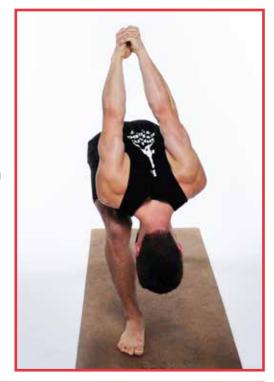
Practical Benefits: Reduce the risk of rotator cuff injuries by improving the range of motion of the chest in addition to stretching the hips and calves in the lower body.

Technique:

- From Warrior 1 (see page 35), with the front foot facing forward, the back foot angled out at 45 degrees, and hips facing forward, bring the hands behind the back and interlace the fingers.
- 2. Firmly clasp the palms together, pressing the hands toward the ground away

from the shoulders.

- 3. Pull the shoulders down and back and the chest up and forward.
- 4. Fold the chest on top of the front thigh, and then round the spine to look backwards.
- 5. Keep the palms pressing together and fingers interlaced as you lift the arms further away from the back.
- Maintain the bend in the front knee. Keep the back leg locked out.
- 7. Hold for 20 45 seconds.





Tips: Keep the hips centered by edging your hips in the direction of the the back heel.

Pyramid

Target area: Hamstrings, IT band, lower back, spine, calves

Practical Benefits: Greatly reduce the risk of injury in your knee by stretching the IT band, and significantly improve your hamstring strength and flexibility to improve lifts such as dead-lift while reducing the risk of injury to your hamstrings from sports involving sprinting.

Technique:

- 1. Front foot faces forward. Keep a slight bend to the knee at at all times.
- Back foot points forty five degrees outside the front foot and is planted one and a half to two feet behind the front heel. (Similar to Warrior 1.)
- Press into the outside of the back foot to keep the entire sole of the foot on the ground and back leg straight.
- 4. Front hip pulls up and back and back hip pulls down and forward so that hips and shoulders face straight forward.
- 5. Squeeze the head toward the knee. Bend the knee if necessary.
- 6. Tuck the chin toward the chest, and reach the top of the head toward the ground.
- 7. Hold for 30 60 seconds.





Tips: Evening out the hips will make a big difference in the pose. Pay particular attention to pulling the front hip up and back, and the back hip down and forward.

Revolved Pyramid

Target area: Hamstrings, core, spine, calves, IT band, lower back, upper back

Practical Benefits: Deepen hamstring flexibility while improving twisting power for shots or throwing motions.

Technique:

- 1. Start with Warrior 1 (see page 35) feet, with one foot facing forward and the other 2.5 to 3 feet back and pointed out at a 45 degree angle. Keep the back leg straight for the duration of the pose.
- 2. Even out the hips by pulling the front hip back and up and the back hip down and forward.
- 3. Form a straight line with the upper body, parallel to the ground. Bend the knee in the front leg if necessary.
- 4. Plant the corresponding hand of the back leg just inside the front foot.
- 5. Pull the body forward and reach the leading arm up as you twist the torso to face the chest sideways.
- 6. Form a straight line with the arms at a ninety degree angle to the ground.
- 7. Hold for 30 60 seconds.

Tips: Expand in all directions to maximize the stretch by pulling the head forward away from your shoulders, extending your arm higher overhead, and straightening your front leg.





Warrior 2

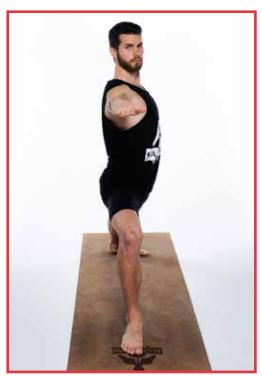
Target area: Full body - hip flexors, quads, core, chest, upper back, shoulders, arms

Practical Benefits: Improve the power in your hips for twisting movements such as swinging a baseball bat, shooting a lacrosse ball, or quickly changing directions.

Technique:

- 1. Start with the legs about 4 5 feet apart, feet slightly pigeon-toed, hips and shoulders facing the same direction, butt under the torso, core engaged, and shoulders relaxed.
- 2. Turn the front foot to face forward, creating an eighty-five degree angle with the back foot.
- 3. Bend into the front knee until the knee is over the ankle. Make sure that the upper thigh is parallel to the outside of the mat.
- 4. Extend the arms laterally, reaching the fingers as far away from one another. Pull the shoulders down, and squeeze the shoulder blades together.
- 5. Turn your head to look over the extended front hand.
- 6. Hold for 30 90 seconds.

Tips: Squeeze your legs toward one another to draw your hips under your torso and tilt your pelvis slightly upward to protect your lower back and engage your core. Keep your arms active by engaging the muscles in your arms.





Side Angle

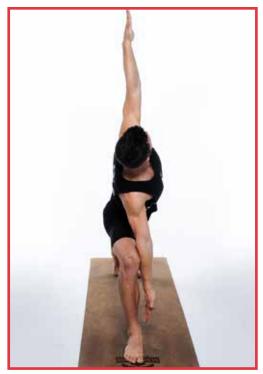
Target area: Hip flexors, core, shoulders, upper back, quads, lower back

Practical Benefits: Helps to open up tight shoulders and reduce pain or tightness in the rotator cuff, which will help prevent chronic, long-term injuries to your shoulders, while improving the range of motion in your chest, which will improve your pushing power.

Technique:

- 1. Start from Warrior 2 (see page 39).
- 2. Bring the outside of the front wrist to the inside of the front knee.
- 3. Extend the back hand upwards with palm facing in the same direction as your hips.
- 4. Press the abdominal muscles in the direction that the hips are facing.
- 5. Lengthen the spine and stretch the upper body by reaching the sternum up and forward, creating a straight line with the body from back foot to head.
- 6. Pull the rear shoulder back, squeeze the shoulder blades toward one another, and expose the chest upwards to further open the upper body.
- 7. Hold for 30 60 seconds.

Tips: Keep the weight of your body in your core, rather than allowing your forearm to rest on the thigh. Press your front knee into the back of your wrist, wrist into knee, and front shin forward for a deeper stretch.





Reverse Warrior

Target area: Upper back, shoulders

Practical Benefits: Create more length and flexibility in your torso to increase the power of pulling motions such as pull-ups and twisting motions such as shooting a lacrosse ball or swinging a baseball bat.

Technique:

- 1. Start from Warrior 2 (see page 39).
- 2. Flip the front hand and reach it up and back over your head with the palm facing backwards.
- 3. Slide the back hand down the back leg or the arm behind the lower back. Keep the weight in your core instead of resting your arm on your leg.
- 4. Hold for 20 30 seconds.

Tips: Maintain proper technique in your lower body (knee over ankle) while reaching your arm up and back, and keep the back leg straight by engaging your thigh muscles and pressing the outside of your back foot into the ground.





Extended Side Angle

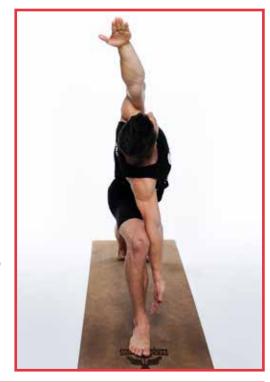
Target area: Full body - hip flexors, core, quads, upper back, shoulders

Practical Benefits: Deepen hip flexibility while improving core strength and reaching ability for more overall upper body control.

Technique:

- 1. Start in Warrior 2 (see page 39), with front foot facing forward, back foot facing sideways, and hips and shoulders facing sideways.
- 2. Bring the outside of the front wrist to the inside of the front knee.
- 3. Press the abdominal muscles in the direction the hips are facing.
- 4. Extend the back arm forward over the head to form a straight line from the back foot to the extended hand.
- 5. Squeeze shoulder blades together.
- 6. Look up at the extended arm.
- 7. Hold for 30 60 seconds.

Tips: Keep your upper body lifted. Use the leading arm to further open the hip, pressing the knee further outside.





Triangle

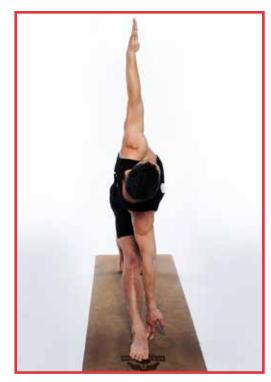
Target area: Hamstrings, upper back, shoulders, quads, core, lower back

Practical Benefits: Reduce the risk of tearing or pulling a hamstring, increase the range of motion of your legs to improve kicking power and increase speed.

Technique:

- 1. Start with Warrior 2 legs, with feet a few inches closer than normal.
- 2. Shift the hips backwards, pressing the front hip into the back hip.
- Extend your arms in opposite directions, forward and backward, parallel to the ground.
- Shift your upper body and arms as far forward as possible while keeping your arms parallel to the ground.
- 5. Bring the outside of the front hand to the inside of the front ankle.
- 6. Extend the back hand straight up, forming a straight line from fingertips to fingertips.
- 7. Hold for 30 60 seconds.

Tips: Bend your front knee as much as necessary to allow you to reach your ankle. Squeeze your legs toward one another to prevent your leg muscles from relaxing. Do NOT lock out your front knee.





Haka (Goddess or Horse)

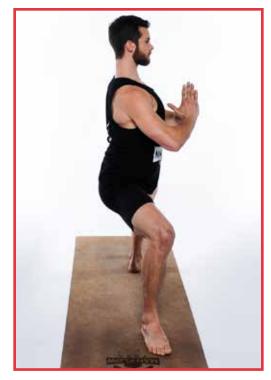
Target area: Hip flexors, core, quads

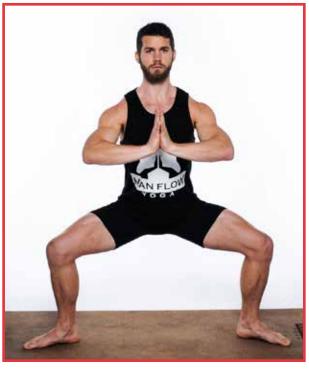
Practical Benefits: Improve your ability to react defensively in sports like baseball, basketball, football and lacrosse.

Technique:

- 1. Feet about 3 3.5 feet apart with toes facing out and heels facing in.
- 2. Pelvis is tilted forward to draw the butt slightly under the body, and core engages to lengthen the lower spine.
- 3. Ribs draw in towards one another, chest lifts.
- 4. Keep your shoulders over your hips.
- 5. Lower the hips down toward the ground while keeping knees over ankles and weight evenly distributed throughout the entire foot.
- 6. Hold for 30 90 seconds.

Tips: Keep your knees tracking over your middle toes. If this is too difficult, turn your toes more inward. Keep your shoulders over your hips and engage your core to prevent arching in the lower back.







Balance (One-leg)

Tree Pose

Target area: Hip flexors, core, shoulders

Practical Benefits: Improve balance to help reduce the risk of injury while opening the hip flexors.

Technique:

- 1. Standing in Mountain pose (see page 18), lift one leg off the ground and press it into the inside of the standing leg, either on the calf or inner thigh. (Avoid the knee!)
- 2. Squeeze the knee of the lifted leg backwards so the inner thigh faces forward.
- 3. Even out the hips by pushing the standing hip in the direction of the lifted leg.
- 4. Lift the ribs away from your hips and press the hips slightly forward.
- 5. Slowly lift arms overhead to add a shoulder stretch.
- 6. Hold for 30 60 seconds.

Tips: Focus on a non-moving point in front of you to help with balance. Look at the ceiling or close your eyes for more difficulty.





Airplane

Target area: Hamstrings, quads, core, external hip rotators, upper back, shoulders

Practical benefits: Greatly increase your balancing ability while strengthening your glutes to help reduce the risk of injury to your knees and ankles.

Technique:

- Start with both feet facing forward, back foot about six inches behind the front foot with heel lifted off the ground.
- 2. Butt under the body and core engaged to keep back flat.
- 3. Lift the back leg off the ground, point your toes backwards, and reach the body forward.
- Lean forward until your upper body is just above parallel to the ground, maintaining a straight line from the back foot to head.
- 5. Press down firmly through the standing leg and relax the hip of the lifted leg to square the hips.
- 6. Hold for 20 30 seconds.

Tips: Suck your belly button up into your lower back, tuck your chin toward your chest, and press the back of your neck upwards to form a straight line with your spine, which will strengthen your spine and properly engage the core for optimal balance.





Standing Bow (Dancer)

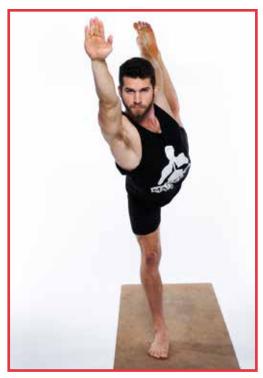
Target area: Quads, hip flexors, upper back, spine, core, shoulders, external hip rotators

Practical Benefits: Reduce the risk of pulling or straining your quadriceps while improving balance, core strength, and back strength.

Technique:

- 1. Balance on one leg, and bring the heel of the opposite foot toward the butt.
- 2. Grab the inside (big toe side) of the lifted foot with the corresponding hand (bicep facing out), and reach the opposite hand straight up in the air, palm facing forward.
- 3. Tilt the pelvis forward to engage the abdominal muscles and protect the lower spine.
- Keep the knees squeezing in towards one another, and the hips facing straight forward.
- 5. Press into the back hand with the lifted foot and reach your chest forward while extending your back leg backward.
- 6. Allow the back to arch as the back foot gets higher.
- 7. Hold for 30 45 seconds.

Tips: Allow your back shoulder to be pulled back while lightly twisting forward to expose the chest forward. Keep your core engaged as your back arches to protect your lower back.





Eagle

Target area: Shoulders, upper back, core

Practical benefits: Increase shoulder flexibility to help take pressure out of the chest muscles, increase upper back strength and range of motion, and increase pulling power.

Technique:

- 1. Start in a standing position with feet together.
- Swing your (right) arm under your (left) arm, and interlace your fingers. (If you cannot interlace your fingers completely, interlace whatever fingers you can. If you cannot interlace your fingers, press your (right) forearm into the (left) arm just below the elbow.
- Lift your elbows to shoulder level and press your forearms forward. Keep your hands away from your face. Turn your shoulders to face straight forward.
- 4. Sit the hips down as low as possible while keeping feet flat on the ground, weight toward the heels.
- 5. Pick up the (right) leg and wrap it around the (left) leg, wrapping the legs as tightly as possible. Turn the hips so that they face straight forward.
- 6. Hold for 30 60 seconds.

Tips:

Relax your shoulders, and press your elbows as far forward as possible. It should feel like your shoulder blades are coming apart. This pose is all about stacking: shoulders over hips and elbows over knees.





Warrior 3

Target area: Full body - hamstrings, shoulders, arms, quads, core, lower back, upper back, external hip rotators

Practical Benefits: Greatly increase your balancing ability, develop your lower body strength, and help improve the range of motion in your shoulders to increase torque and power in shots, throwing, and pushing motions.

Technique:

- Start with both feet facing forward, back foot about six inches behind the front foot with heel lifted off the ground.
- 2. Butt slightly under body and core engaged to keep back flat.
- 3. Chin away from chest, and arms extended over head with (option 1) palms facing one another, shoulder-width distant, or (option 2) fingers interlaced, index fingers pointing up, palms pressing together.
- 4. Lift the back leg off the ground, point your toes backwards, and reach the body forward.
- 5. Strive to bring the body to be parallel to the ground while keeping the hips level and maintaining a straight line from your toes to your fingertips.
- 6. Hold for 15 30 seconds.

Tips: Lower the hip of the raised leg and press down harder through the planted foot to raise the hip of the planted leg to even out your hips. Your arms stay in line with your ears - you should not be able to see your arms in this exercise.



Half Moon

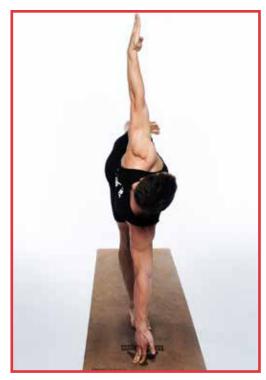
Target area: Hamstrings, core, lower back, shoulders, upper back

Practical benefits: Increase proprioceptive awareness in unfamiliar situations while deepening inner hamstring flexibility.

Technique:

- 1. Start with Warrior 2 legs, with front foot facing forward, back foot facing sideways, and hips and shoulders facing sideways.
- 2. Plant the front hand a few inches in front of the front foot.
- 3. Transfer the weight to the leading foot, and lift the back foot off the ground.
- Lock out and lift the back leg, press the heel away from the body, and externally rotate the foot so that the toes face directly sideways.
- 5. Roll back the top shoulder to expose the torso to the side, and extend the arm skyward.
- Lengthen head away from the shoulders, and slowly transfer gaze to the extended hand.
- 7. Hold for 30 60 seconds.

Tips: A huge part of this pose is keeping your back leg active. Make sure that you are engaging the muscles in your lifted leg, and not simply letting it float off the ground. Start with your hand on the ground, and progress to floating your hand as your ability to balance increases.







Upright Prone

High Plank

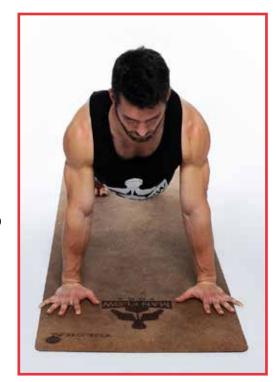
Target area: Full body - chest, arms, core, upper back, shoulders, quads, hip flexors

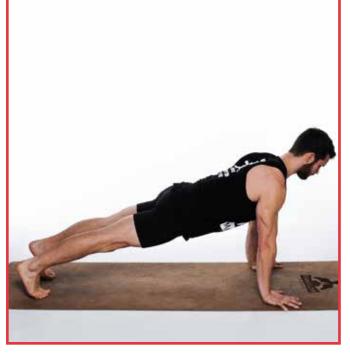
Practical Benefits: Increase core strength and endurance to improve posture, which helps take the pressure out of the lower back and reduce lower back pain. This also helps to increase your cardiovascular endurance and your body's ability to stabilize itself.

Technique:

- Balance on hands and toes with shoulders over hands, forming a straight line with your body from heels to head.
- 2. Arm muscles engaged with a slight bend to the elbows to prevent locking out.
- 3. Squeeze the base of the palms toward the feet to engage the core.
- 4. Toes four inches apart, squeezing toward one another to engage inner thighs.
- Shoulders away from the head, neck straight and long, and gaze straight down.
- 6. Hold for 30 seconds 3 minutes

Tips: If you start to feel your core failing and your lower back begins to arch, take your knees down. You risk injury to your lower back by continuing plank with an arched back.





Side Plank

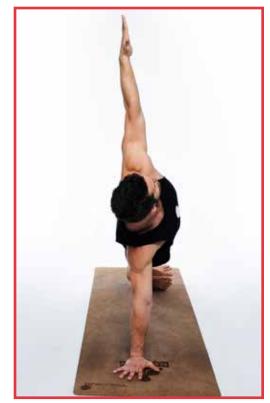
Target area: Arms, shoulders, upper back, chest, core, quads

Practical Benefits: Increase the strength and power of your upper body while building core stability and endurance.

Technique:

- 1. Firmly rest on the outside of the foot and plant the corresponding hand directly under the shoulder.
- 2. Stack the opposite foot on the planted foot and form a straight line with the body from heels to head.
- Extend opposite hand skyward, forming a straight line from planted hand to extended hand.
- 4. Pull head away from the shoulders to lengthen the neck, and look up at the extended hand.
- 5. Hold for 30 60 seconds.

Tips: Keep your toes flexed toward your shin, and make sure to prevent your chest from splaying out and arching your back.





Low Plank

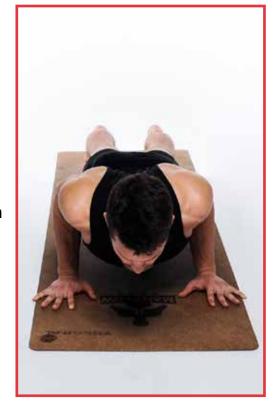
Target area: Chest, upper back, shoulders, core, arms

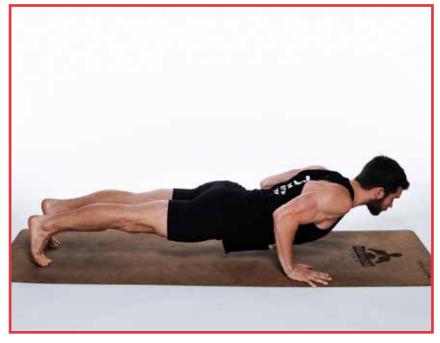
Practical Benefits: Greatly increase upper body strength for pushing motions.

Technique:

- 1. From a Plank, lower upper body halfway down so that shoulders are level with elbows and elbows form a 90 degree angle.
- 2. Squeeze the elbows to the sides of the body.
- 3. Frame the chest between the shoulders by pulling shoulders up and back, and the chest forward.
- 4. Keep your lower back flat and thigh muscles engaged to form a straight line with the body.
- 5. Hold for 20 45 seconds.

Tips: This is a very difficult exercise. Try with your knees down at first. Avoid bringing your shoulders lower than your elbows to prevent damage to your rotator cuff.





Upward Facing Dog

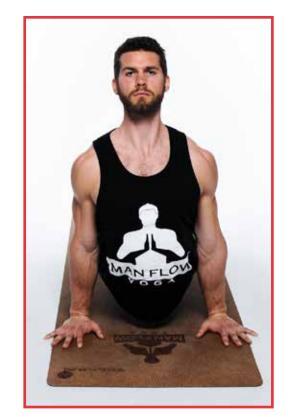
Target area: Full body - upper back, shoulders, chest, arms, lower back, core, quads, hip flexors, external hip rotators

Practical Benefits: Increase overall back strength while stretching the shoulders for more power in throwing and pulling motions.

Technique:

- 1. From Low Plank, roll over the tops of the feet so that the toenails are touching the ground, and the soles of the feet are face-up.
- 2. Push down through the hands to straighten the arms and bring the chest forward and upward past the arms.
- Externally rotate the arms so that the biceps face forward.
- 4. Press the top of the head upwards.
- Compress the back muscles and deepen the arch in the back, keeping the muscles in the rest of the body active.
- To get out, re-flip the feet, lower to plank, and then shift back to downward facing dog or child's pose.
- 7. Hold for 20 45 seconds.

Tips: Avoid pain in your lower back by squeezing your abdominal muscles and internally rotating your thighs so that you can push down through all toes.





Downward Facing Dog (Downdog)

Target area: Full body - hamstrings, lower back, core, shoulders, upper back, chest, calves, quads

Practical Benefits: Stretch out the entire back side, open the shoulders to help reduce rotator cuff pain, improve range of motion, and increase shoulder press strength, and increase forearm strength, reducing the risk of carpal tunnel and tendonitis.

Technique:

- 1. Hands slightly wider than shoulder-width distant, feet four to six inches apart, balls of the feet on the ground.
- 2. Press hips up and back and reach chest toward the thighs.
- 3. Flatten the lower back. Bend knees as much as necessary.
- Press the knees back and the heels down to deepen the stretch in the legs. Maintain a flat back.
- 5. Hold for 30 60 seconds.

Tips: If you feel too much pressure in your shoulders, shorten the distance between your hands and feet, or allow your knees to bend until you feel an even stretch throughout your entire back. The goal of this exercise is to form a pyramid shape with your body. Spread your fingers wide and press down through the base of your fingers (where your fingers meet your palms) rather than your wrists.





Dolphin

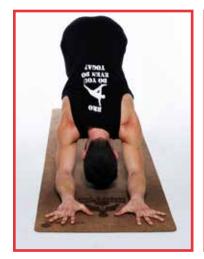
Target area: Shoulders, hamstrings, core, upper back, quads

Practical Benefits: Improve your pushing power and range of motion in your shoulders for more torque and power in any pressing motion of the upper body, build up the strength for forearm stand and handstands, and reduce the risk of chronic, long-term injuries to your rotator cuff.

Technique:

- 1. From Downdog, lower the forearms to the ground so that they are shoulderwidth distant, parallel to one another.
- 2. Press the chest backwards toward the thighs, keeping the shoulders behind the elbows.
- 3. Press the butt up and back, flattening the back as much as possible.
- 4. Engage the thighs to keep the hips lifted.
- 5. Straighten the legs further, inch the toes closer to the hands, and press the heels down to deepen the stretch.
- 6. Hold for 30 45 seconds.

Tips: Dolphin is just like downdog, except the forearms are down. Squeeze the forearms toward one another. Take care to keep your elbows from sliding to the outsides.





Yoga Push-Up

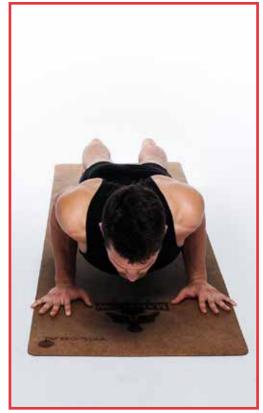
Target area: Chest, shoulders, upper back, core

Practical Benefits: Improve upper body strength and endurance while maintaining core stability.

Technique:

- 1. Start in a High Plank position (see page 53).
- 2. Lower the shoulders so that they are level with the elbows while keeping the forearms perpendicular to the ground and elbows hugged in tight to the body.
- 3. Maintain a straight line from the heels to the head.
- 4. Press back up to high plank.

Tips: Keep your shoulders on either side of your torso instead of hunched forward.





Turbo Dog Push-Up

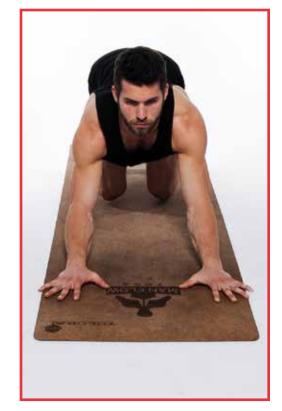
Target area: Full body - upper back, shoulders, chest, core, quads

Practical Benefits: Work the upper body and shoulders for more shoulder strength, stability, and upper body control.

Technique:

- 1. Start in a Plank position (see page 53).
- 2. On an inhale, bend the elbows and knees backwards toward the ground.
- 3. Slowly shift your gaze forward as you move.
- 4. Keep elbows tracking in so that forearms are parallel to one another.
- 5. Lower the elbows and knees to one inch off the ground.
- 6. Return to plank on an exhale.

Tips: Movements 2 through 5 should occur on a single, drawnout inhale. Match the length of the inhale to the exhale, and move slowly.





Knee To Nose / Elbow

Target area: Core, chest, upper back, shoulders, hip flexors

Practical Benefits: Improve the ability of your core to contract, improving core strength for crunching motions and forward folds. Although the move is called knee to nose, in reality you are only bringing your knee in the direction of your nose. The emphasis is on keeping your body as flat as possible while pulling your shoulders forward over your hands, instead of rounding your back.

Technique:

- 1. Start in Downdog (see page 57), and lift one leg off the ground on an inhale. Try to form a straight line from the arms to the lifted leg.
- Keep the hips even; don't open the hip of the lifted leg to face sideways.
- 3. Press the heel of the lifted leg as far back as possible.
- 4. On a controlled exhale, squeeze the knee as close to the body as possible and pull the shoulders forward over the hands.
- 5. Look forward while squeezing the heel of the lifted leg toward the buttocks.
- 6. Squeeze the knee as close as possible to the elbow (or nose).
- 7. Inhale and the press the heel back up (Steps 1 3).
- 8. The movement should be completed on an even, drawn-out inhale and exhale.

Tips: Imagine that your body is a harpoon. Try to make your body as straight as possible as you pull your body forward while exhaling, flattening the back and engaging the core.



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Kneeling

Low Lunge (Kneeling Lunge)

Target area: Hip flexors, shoulders

Practical Benefits: Increase the range of motion in your hips to improve all aspects of lower body performance and reduce the risk of hip injury.

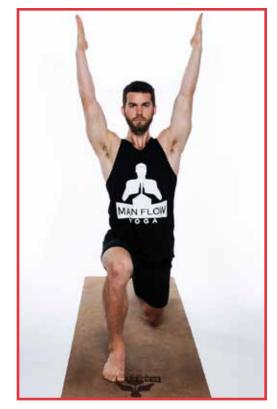
Technique:

- Place the knee over the ankle in the front foot, and the back knee relaxed on the ground, about 1.5 - 2 feet behind the front foot.
- 2. Push down through the heel of the front foot and squeeze the back hip forward to square the hips up to the front.
- 3. Pull the butt under the torso and squeeze the

core tight while lifting the chest.

- 4. Extend the arms overhead, internally rotated so that the palms face one another.
- 5. Pull the shoulders down and back, away from the ears.
- 6. Hold for 30 60 seconds.

Tips: Press your hips forward for a deeper stretch, but make sure that you are maintaining proper core engagement, forming a straight line from pubic bone to shoulders to prevent arching in the lower back.





Low Lunge Twist

Target area: Hip flexors, core, spine

Practical Benefits: Isolate the spine to improve range of motion in twisting motions without the assistance of the upper body.

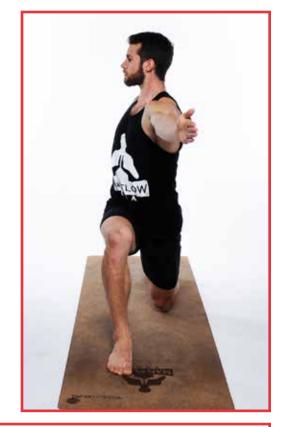
Technique:

- 1. Start in a Low Lunge with position, with the knee over the ankle in the front foot, and the back knee relaxed on the ground, about 1.5 2 feet behind the front foot.
- 2. Push down through the heel of the front foot and squeeze the back hip forward to square your hips up to the front.
- 3. Pull the butt under the torso and squeeze the core tight while lifting the chest.
- 4. Extend the arms laterally to form a straight line from arm to arm across the
- Twist the torso in the direction of the front leg so that the torso faces sideways. Keep the hips facing straight forward.

shoulders, palms facing forward.

- 6. Keep the chest and chin lifted, and the shoulders relaxed.
- 7. Hold for 20 45 seconds.

Tips: Extend the arms as far away from one another as possible. Use your core strength to twist, and remember to create length in your spine before you twist.





Half Split

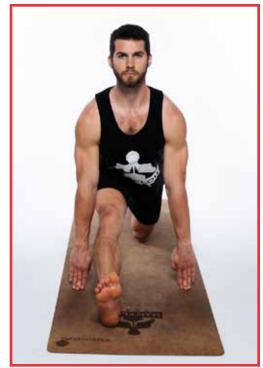
Target area: Hamstrings, lower back, calves

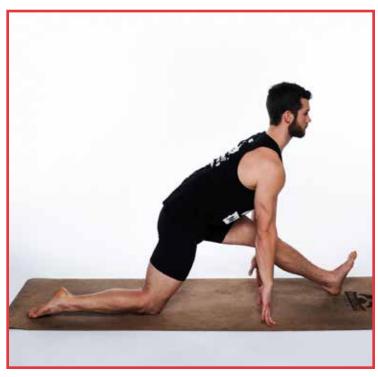
Practical Benefits: Improve your running and squat ability while reducing the risk of injury to your hamstrings and lower back.

Technique:

- 1. From a Low Lunge, front leg extends forward, toes flex toward the face and back of heel on the ground.
- 2. Hips directly over back knee.
- 3. Front quad engages, knee slightly bent.
- 4. Front hip pulls back while back hip pushes slightly forward so that both hips face straight forward.
- 5. Reach chest toward the front foot, keeping back as flat as possible.
- 6. Hold for 30 60 seconds.

Tips: Pull your head away from your shoulders and focus on pulling your chest forward, instead of thinking of bringing your head to your knees, so that you target your lower back with this stretch, in addition to hamstrings and calves.





Seated

L-Sit (Staff Pose)

Target area: Full body - Core, lower back, shoulders, upper back, quads, hip flexors, hamstrings

Practical Benefits: Isolate the core to focus on strengthening the powerhouse of the body and maintaining integrity in the straightness of the spine.

Technique:

- 1. Start in a seated position with both legs extended forward, legs squeezing together.
- 2. Press the backs of the knees into the ground and squeeze the toes toward the shins.
- 3. Press the lower back forward and engage the core to flatten the lower back.
- 4. Lift the chest, and squeeze the shoulder blades together to open the chest and engage the back.
- Press the hands into the ground to engage the arms.
 Extend the arms overhead for a challenge.
- 6. Hold for 30 60 seconds.

Tips: Make sure to keep your ribs drawn in to prevent arching in your upper back as you reach up. Tuck the chin slightly, push the top of the head upwards, and pull the neck backwards to further straighten your spine.





Boat

Target area: Core, hip flexors

Practical Benefits: Improve core strength and balance for the lower abdomen while increasing hip flexor strength for more endurance in squatting motions.

Technique:

- 1. From a seated position, plant the feet as close as possible to your butt.
- 2. Sit up as straight as possible; no slouching in the lower back.
- 3. Lightly grip the thighs or shins to assist in straightening the spine.
- 4. Lean back slightly through the chest and keep
 - the sternum lifted to prevent arching in the back.
- Lift the legs, knees squeezing together.
- Hold for 30 seconds -60 seconds.

Tips: Start with just steps 1 - 3 before progressing to steps 4 - 6. Use your hand to check whether or not your back is flat. Depending on core strength, hamstring flexibility, and hip flexor strength, further extend the legs.





Butterfly (Bound Angle / Cobbler)

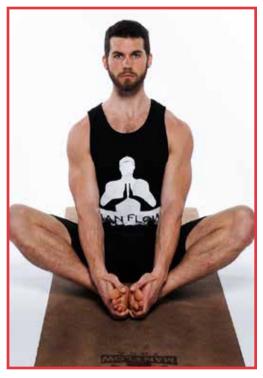
Target area: Hip flexors, core

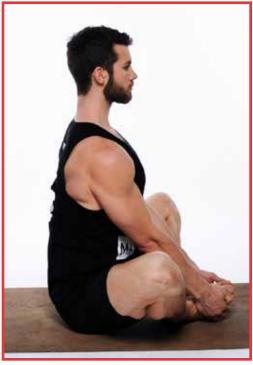
Practical Benefits: Improve hip flexibility for more mobile hips and more fluid change of direction motions in your lower body.

Technique:

- 1. From a seated position, press the soles of the feet together and grip the outsides of the feet.
- 2. Pull heels in toward the groin.
- 3. Use lower body strength to press your knees toward the ground.
- 4. Sit as upright as possible, flattening the spine by engaging the core, lifting the chest, and pulling the shoulders down.
- 5. Hold for 30 60 seconds.

Tips: For a more relaxed version to stretch the lower back, pull the body forward to lengthen the spine, and then fold your head toward the ground.





Seated Twist

Target area: Core, lower back, spine, external hip rotators

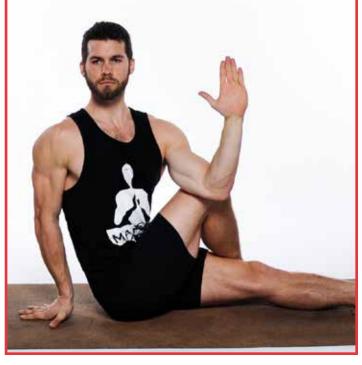
Practical Benefits: Improve core strength and spinal strength for twisting motions such as swinging a bat or throwing a ball with a lacrosse stick.

Technique:

- From a seated position, cross your (right) leg over the (left) knee and firmly plant the (right) foot on the outside of the (left) leg.
- 2. Hug the (right) knee to your chest, and sit up tall.
- 3. Press the back of the knee of the extended leg
 - into the ground, and reach the toes toward the shin.
- 4. Slowly twist to the (right), in the direction of the bent leg.
- Tuck the chin towards the chest, pull the shoulders down and back, and press the top of the head upwards.
- 6. Hold for 20 45 seconds.

Tips: To go further, plant the (right) hand just behind the small of the back, fingers facing away from the body. Lightly hook the (left) elbow on the outside of the bent leg. Use your core strength to maintain the straight line in your spine.





Seated Forward Fold

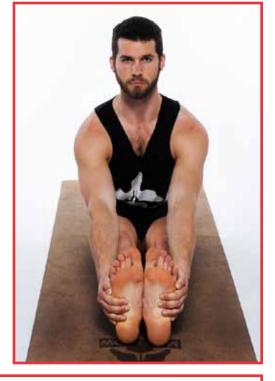
Target area: Lower back, hamstrings, calves

Practical Benefits: Relieve lower back pain after a workout or game by creating space in the vertebrae.

Technique:

- 1. Start in a seated position with legs extended forward legs squeezing together.
- 2. Bend the knees enough to grip the outsides of the feet.
- 3. Pull the chest forward and up, flattening the back as much as possible.
- 4. Press down through the hips, engaging the thigh muscles.
- 5. Flex the toes toward the shins to stretch the calves.
- 6. Hold for 30 90 seconds.

Tips: The focus here should be on the lower back. Focus on bringing your chest up and forward, toward your toes, rather than head to knees.







Prone

Bird-dog

Target area: Spine, core

Practical Benefits: Warming up the core and legs while working on balance, improving ability of the core to contract to help improve core strength, increasing the ability of the legs to lift off the ground in vertical jumps.

Technique:

- 1. Start in a six-point stance (tabletop) with toes untucked, hips under knees, and hands under shoulders.
- 2. Inhale and extend the (left) arm forward and (right) leg back so that there is a straight line from back heel to extended fingertips.
- 3. Exhale and squeeze the elbow of the outstretched arm to the knee of the extended leg under the chest, rounding the back.
- 4. Repeat 3-6 times.

Tips: Draw out your breath as much as possible. Move at a slow, even pace. Keep your belly button lifted to take the arch out of your lower back.





Cobra

Target area: Core, lower back, middle and upper back, shoulders

Practical Benefits: Increase your lung capacity, increase lower back strength for lifts like dead-lift and squat, and increase spine flexibility to improve range of motion for movements like shooting or throwing.

Technique:

- 1. Lie down in prone position on your chest with hands under shoulders.
- 2. Reach feet back as far as possible and press the tops of all ten toes into the ground. Keep the toes on the ground throughout the entire exercise.
- 3. Squeeze thigh muscles and press the hips and abdominal muscles into the ground.
- 4. Without pressing hands into the ground, use the lower body to lift your chest off the ground.
- 5. Squeeze the elbows and shoulders towards one another to fully engage the back.
- 6. Hold for 20 45 seconds.

Tips: No wrinkles in the back of your neck. You can use your hands to PULL your body forward and create length, but not to push your chest upward.





Skydiver (Full locust)

Target area: Full body - lower back, core, upper back, shoulders, quads, hamstrings

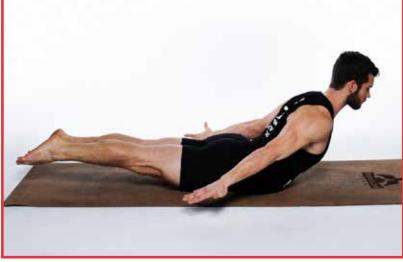
Practical Benefits: Improve cardiovascular ability while increasing the strength of your core and spine for more overall body control and endurance.

Technique:

- 1. Lay flat on your chest with legs extended and hands along your sides, palms facing down.
- 2. Engage the core, reach the chest forward and lift the chest off the ground.
- 3. Internally rotate and then engage the thigh muscles, lifting the legs off the ground and extending backwards through the toes.
- 4. Lift the arms off the ground, palms facing down, reach the arms backwards.
- 5. Press your head and toes in opposite directions, then begin to lift up as high as possible.
- 6. Hold for 20 45 seconds.

Tips: Create length before height. Keep the curve in your spine consistent; try to avoid overarching your neck.





Superman

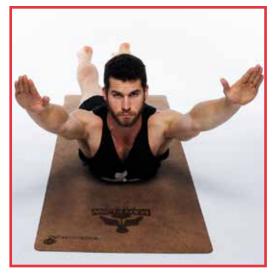
Target area: Full body - lower back, core, upper back, shoulders, quads, hamstrings

Practical Benefits: Increase your respiratory ability and maintain greater control over your body when you become out of breath. Strengthen your lower back for more power in twisting motions such as shooting, throwing, or swinging.

Technique:

- 1. Lay down flat with arms extended as far forward as possible and legs as far back as possible.
- 2. Press hips and abdominal muscles into the ground.
- 3. Lift arms and legs off the ground.
- 4. Reach fingers forward and up with palms facing down and extend toes as far backwards as possible.
- 5. Hold for 30 seconds.

Tips: Keep your hips pressing into the ground and extend as if your body is being pulled in two directions.





Bow

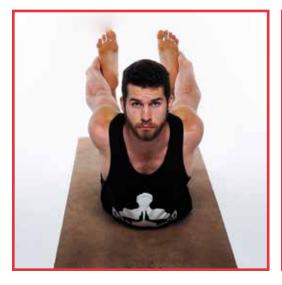
Target area: Upper back, lower back, shoulders, hip flexors, quads, core, chest

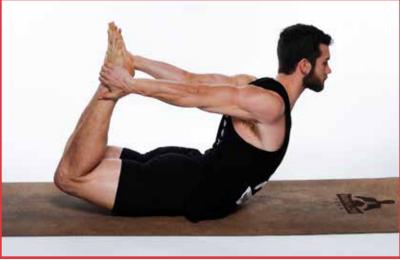
Practical Benefits: Increase the strength of the thighs, upper back, shoulders, and lower back, while creating more range of motion in the chest for more range of motion and power in movements involving change of direction.

Technique:

- 1. Lay flat on the chest and squeeze the heels in toward the butt.
- 2. Reach back and grab the outsides of the feet or ankles.
- 3. Roll the shoulders up, back, and down away from the ear.
- 4. Press the feet into the hands as hard as possible, ensuring that the thighs and core are engaged to protect the lower back.
- 5. Lift the legs and chest as high as possible.
- 6. Hold for 20 45 seconds.

Tips: Keep the core engaged and keep your knees about one fist-width apart.





Child's Pose

Target area: Lower back, hip flexors, shoulders, upper back, spine

Practical Benefits: Relieve lower back pain and tightness after cardio, practice, or a game.

Technique:

- 1. Allow the knees to rest about two feet apart from one another and touch your big toes to one another.
- 2. Sit your hips down on your heels.
- 3. Rest your forehead on the ground and extend the arms out from the shoulders so that they are parallel to one another.
- 4. Press your hands into the ground to bring your hips closer to your heels.
- 5. Hold for 30 seconds to 5 minutes.

Tips: Without moving your arms, squeeze your hands towards or away from one another to facilitate a stretch in the upper back, shoulders, and biceps.





Cat-cow

Target Area: Spine, upper back, shoulders

Practical Benefits: Relieving back pain, improving spine mobility, preparing the spine for physical activity.

Technique:

- 1. Start in a six-point (tabletop) position, knees and hands on the ground with feet untucked, knees under hips, and hands under shoulders.
- 2. Inhale and arch the back, pulling the chest forward while reaching the butt upward.
- 3. Exhale and round the back, bringing the butt and head towards one another under the body, pressing into the hands to press the back upwards and separate the shoulder blades.
- 4. Repeat 5 10 times..

Tips: Make this movement as slow and consistent as possible. Deepen your breath. The length of your inhale should match the time it takes you to move from cat (rounded back) to cow (arched back). Limit the arch if you have lower back pain.





Needle Thread (Thread The Needle)

Target Area: Shoulders, upper-back

Practical Benefits: Stretch the scapular muscles often overlooked for more overall shoulder and upper back health.

Technique:

- Start in a tabletop (six-point) position, with knees under hips and hands under shoulders.
- 2. Extend one arm out to the side, and then "thread the needle", slipping your extended arm through the gap between your opposite arm and leg.
- 3. Rest your head and neck on the ground.
- 4. Relax the threaded arm and shoulder.
- 5. Press down through the planted hand.
- 6. Hold for 30 90 seconds.

Tips: Thread the needle is a restorative pose. Completely relax the side of the body you are stretching (the side with the planted shoulder) to maximize the benefits of this stretch. Remember to relax the side of your head on the ground.





Turn Signal (Prone Chest Stretch)

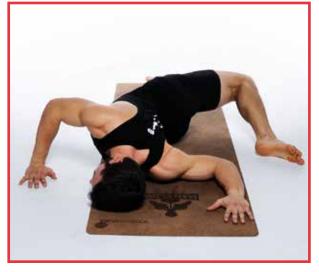
Target Area: Chest, hip flexor

Practical Benefits: Reduce shoulder pain or stretch the chest after a workout involving a significant amount of pushing motions, such as bench press or push-ups.

Technique:

- 1. Start in a prone position (lying on your chest).
- 2. Extend one arm laterally, bending 90 degrees at the elbow so that the fingers face forward, forming half a goalpost.
- 3. Move the body two inches away from the goalpost arm, and then roll that direction to rest on the side of the body.
- 4. Press the opposite hand into the ground to deepen the chest stretch.
- 5. Open the hip opposite the goalpost arm and press the heel toward the elbow.
- 6. Hold for 30 90 seconds.

Tips: Stretch a different part of the chest by moving your hand up about 3 or 4 inches. Relax the side of your body that you are stretching.





Pigeon

Target area: External hip rotators

Practical benefits: Improve the flexibility and range of motion of your body's most powerful muscle - your glutes. This improves your running and squatting ability and reduces tension in the hips and lower back.

Technique:

- 1. Start in a six-point (tabletop) position with hands under shoulders and knees under hips.
- 2. Bring the (right) knee just behind the (right) wrist, and bring the (right) foot as close as possible to the (left) hand (somewhere between the (left) knee and (left) hand).
- 3. Edge the toes in the back foot as far back as possible, ensuring that the back foot is pointing straight back with toes untucked.
- 4. Walk the hands outside the hips and puff the chest out. Pull the butt forward under the torso to engage the core and protect the lower spine.
- 5. Ease the forearms down in front of the outstretched (right) leg, and allow the hips to relax as close as possible to the ground.
- 6. Hold for 1 2 minutes.

Tips: Press the hips down and in the direction of the bent leg, to rest the thigh as close as possible to the ground. Avoid pressure in your knee.

If this is too intense, take the Reclined Figure 4 variation (found on page 94).





Frog

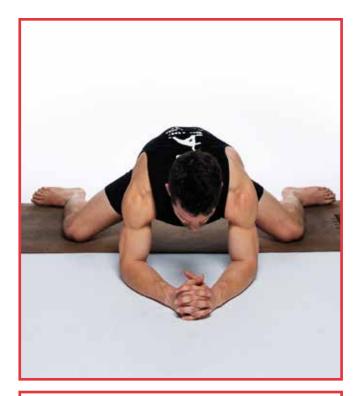
Target area: Hip flexors, lower back

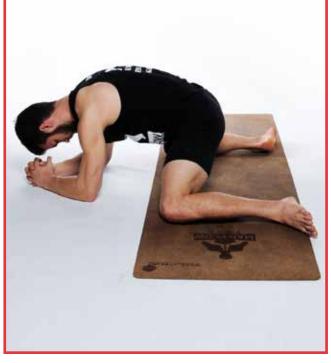
Practical benefits: Greatly increase the flexibility of your hip flexors for deeper squats and more range of motion in your hips.

Technique:

- 1. Start in a tabletop position. (Fold your mat from the sides or use another layer of padding to protect your knees.)
- 2. Slowly edge the knees away from one another to rest on the insides of the knees.
- 3. Line up the heels directly behind the knees to form parallel lines with the lower legs.
- 4. Rest on the insides of the lower legs, from the ankles up to the knees.
- 5. Lower forearms to the ground, and lightly push the hips backwards.
- 6. Hold for 1 4 minutes.

Tips: RELAX. Allow your knees to slide further away from one another. This pose is supposed to be deep. Hold it for a long time, and be okay with the discomfort. As long as there is no sharp pain, keep going.







Supine

Supine Bicycle

Target area: Core, hip flexors

Practical benefits: Use this exercise to develop lower core strength and better understand proper core engagement to apply to standing poses in yoga.

Technique:

- 1. Start in Supine position (lying on your back), with knees over the hips, and lower legs parallel to the ground.
- 2. Eliminate any space between the lower spine and the ground, squeezing the belly button to the lower back.
- 3. Interlace the fingers behind the neck and lift the shoulders off the ground. Avoid stressing the neck.
- 4. Extend one leg forward, 1 to 1.5 feet off the ground, toes pointed.
- 5. Bring the elbow corresponding to the extended leg toward the knee of the bent leg.
- 6. Lift both shoulders higher. Hold for 10 15 seconds.
- 7. Switch to the opposite side. Keep the shoulders lifted away from the ground as you transition.

Tips: Press your lower back firmly into the ground. If your lower back leaves the ground, try lifting your legs higher. If your lower back is still off the ground, take a break before continuing.





Bridge

Target area: Lower back, core, hamstrings, external hip rotators

Practical Benefits: Increase range of motion and strength in your back to reduce risk of injury to and protect your spine.

Technique:

- 1. Lie on back and bring the heels two inches away from the butt, feet facing straight forward and six inches apart.
- 2. Rest the arms alongside the body, palms facing up. Squeeze the shoulders blades together.
- 3. Press into the feet and lift the hips off the ground as high as possible, keeping the knees hip-width distant by squeezing inner thighs toward one another.
- 4. Lift the chest towards the chin, and reach the chin away from the chest.
- 5. Hold for 30 45 seconds.

Tips: The weight of your body in this pose rests in the shoulders, not the neck. Do not allow the knees to splay out to the side **OR** the insides of the feet to come off the ground. Keep your core engaged by flexing the abdominal muscles, slightly tilting your pelvis to prevent pinching in the lower back.





Happy Baby

Target area: Hip flexors, lower back

Practical benefits: Provide relief to the hip flexors to allow you to get back to your workout quickly with less soreness.

Technique:

- 1. Lay down on your back and bring the knees in toward the chest.
- 2. Place elbows inside the knees and wrap hands around the FRONT of the shins to grab the outsides of the feet.
- 3. Turn the soles of the feet to face straight up.
- 4. Press the heels up while pulling the feet down with the hands.
- 5. Squeeze the knees away from one another and pull knees down to feel the stretch in the hip flexors and lower back.
- 6. Hold for 45 90 seconds.

Tips: Try to press your lower back to the floor to deepen the stretch.



Reclined Quad Stretch

Target area: Quads, hip flexors

Practical benefits: Relieve sore quad and hip flexor muscles after exercise involving significant amounts of running, sprints, or lunges.

Technique:

- 1. Start in a seated position, and tuck one leg behind you to rest the top of the foot on the ground.
- 2. Press the knee of the bent leg into the ground.
- 3. Extend the other leg forward, toes flexed, knee facing straight up.
- 4. Lean back onto the forearm opposite the tucked leg. (Stop here if stretch is sufficient.)
- 5. Relax the hip of the tucked leg.
- 6. Lower the other forearm, then the shoulders, and eventually the back to deepen the stretch (in that order).
- 7. Hold for 45 90 seconds.

Tips: After step 3, ensure neutral pelvic alignment by lifting your hips off the ground, tilting your hips so that your lower back is completely flat, and then releasing your hips to the ground.





Reclined Twist

Target area: Lower back, spine

Practical benefits: Relieve soreness from or warm up the spine for twisting motions.

Technique:

- 1. Start in a Supine position (on your back), with knees over the hips and arms extended laterally.
- 2. Lower the knees to the (right), keeping both shoulders on the ground.
- 3. Turn your head to face to the (left), in the direction opposite the knees.
- 4. Round the lower back as much as possible to create space in the spine.
- 5. Using the (right) hand closest to the knee, pull the knee closer to the ground for an assisted stretch.
- 6. Hold for 30 60 seconds.

Tips: If your knees don't touch the ground, don't worry about it. Just focus on getting the gentle twisting stretch throughout your spine (especially lower back). The focus of this pose should not be on "cracking" your back. Focus on the stretch.





Reclined Figure 4

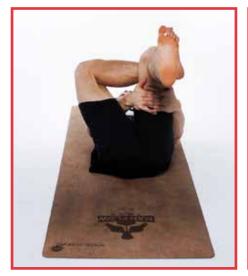
Target area: External hip rotators, lower back

Practical benefits: Stretch the external hip rotators with minimal pressure on the knee for those with knee issues or tighter external hip rotators.

Technique:

- 1. Lie down on the back and bring the (right) ankle on top of the (left) thigh to form a "4" with your legs.
- 2. Flex the toes toward the shin so that the sole of the foot faces directly outward (to the left).
- 3. Pull the back of the (left) thigh in towards the chest.
- 4. Press the opposite (right) knee forward.
- 5. Hold for 45 60 seconds.

Tips: Relax your head onto the ground to prevent the build-up of muscle tension in this pose.







Arm Variations

Arms Overhead (Volcano)

Target area: Chest, shoulders, upper back

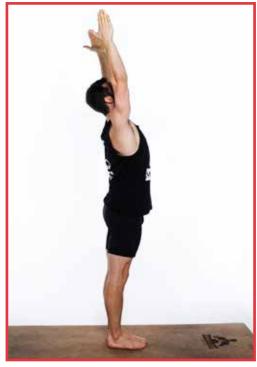
Practical Benefits: Though it sounds simple, this arm variation is a very good indicator of shoulder flexibility.

Technique:

- 1. Stand tall with core engaged, back flat, and ribs drawn in toward one another. (No splaying open of the chest.)
- 2. Keep the shoulders down, shoulder blades pinned to the back.
- 3. Slowly raise the arms as high overhead as possible, and squeeze the arms backwards.

Tips: If the chest begins to splay open as you lift your arms overhead, you're no longer performing the arm variation correctly.





Goalpost

Target area: Chest

Practical benefits: Goalpost arms are a variation that is a great alternative for stretching the chest and engaging the back muscles, or for those who cannot extend their arms overhead while keeping their back flat. This variation helps to open the front of the torso (pectorals and arms) while engaging and strengthening the muscles around the shoulder blade.

Technique:

- 1. Form goalposts with the arms, so that that the elbows are level with the shoulders and the forearms are parallel to one another.
- 2. Pull the shoulders down and away form the ears, on either side of the torso.
- 3. Press the elbows away from one another as much as possible.
- 4. Squeeze the shoulder blades together to engage the scapular stability muscles.

Tips: Make your neck as long as possible to help deepen the stretch in your shoulders.





Finger Snails

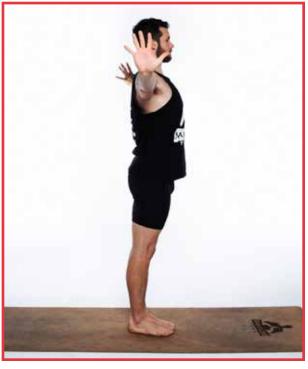
Target area: Forearms, chest, upper back, shoulders

Practical benefits: Finger snails help to create a stretch in the often neglected forearm muscles, which control our wrists and fingers. Depending on the depth of the stretch, you can shift the focus from just the forearms to the entire top half of the body.

Technique:

- Form a straight line with the arms and press the fingertips as far away from one another as possible.
- 2. Extend the fingertips laterally as possible, reaching the fingertips toward the backs of the wrists, stretching the bottoms of the forearms.
- Add a chest opening element to the stretch by turning the palms to face in the same direction the hips are facing, and pinching the shoulder blades together.
- Form half fists and squeeze the fingertips toward the insides of the wrists, stretching the tops of the forearms.
- 5. Add a stretch across the entire backside of the upper body by compressing the chest, separating the shoulder blades, and tucking the chin to the chest.





King Tut

Target area: Upper back, shoulders

Practical benefits: This variation engages the muscles in the middle and upper trapezoid area (the muscles just below your neck) to help increase scapular stability strength, which reduces the risk of rotator cuff injury and helps stabilize the shoulders.

Technique:

- 1. Extend the arms straight forward at shoulder level.
- 2. Stack the hands on the outsides of the arms.
- 3. Pull the shoulder blades together to engage the back muscles.

Note: This arm variation gets more difficult the longer you hold it. Maintain your arms at shoulder level to make this arm variation as effective as possible.





Eagle Arms

Target area: Upper back, shoulders

Practical benefits: Stretch the scapular muscles for more range of motion in the shoulders and reduced risk of injury from throwing motions. Eagle arms come from eagle pose and can be done in almost any standing pose in which the arms are free.

Technique:

- Swing your (right) arm under your (left) arm, and interlace your fingers. (If you cannot interlace your fingers completely, interlace whatever fingers you can. If you cannot interlace your fingers, press your (right) forearm into the (left) arm just below the elbow.
- 2. Relax the shoulders.
- 3. Lift your elbows to shoulder level and press your forearms forward.

Tips: Keep your shoulders down and your hands away from your face.





Interlaced Fingers Behind Back

Target area: Chest, shoulders, upper back

Practical Benefits: Stretch the chest to help increase the range of motion in the upper body and reduce tightness from poor posture.

Technique:

- 1. Interlace the fingers behind the small of the back, palms pressing together.
- 2. Pull the shoulders down and back, away from the ears.
- 3. Lift the chest up through the arms, reaching the hands as close as possible toward the ground.
- 4. Forward fold, continuously pressing the shoulders away from the ears and hands further away from the back.





Strap Behind Back

Target area: Chest, shoulders, upper back

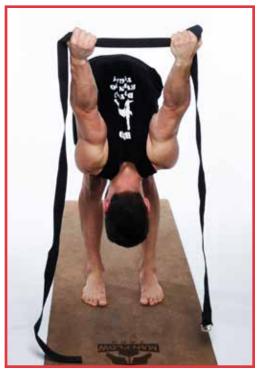
Practical benefits: Increase the strength of the upper back muscles while stretching the muscles in the chest and shoulders. Use a strap to help connect your arms if you don't have the flexibility to clasp your palm together behind your back, or to help stretch the middle and upper traps.

Technique:

- 1. Grip the strap with both hands behind the back, palm facing the body.
- 2. Pull the strap in opposite directions as you draw the shoulders down and back.
- 3. Pinch the shoulder blades together.
- 4. Lift the strap as far away from the back as possible without moving the shoulders.
- 5. Press the shoulders away from the ear and forward fold, pulling the hands toward the ground.

Tips: The closer your hands are toward one another while gripping the strap, the more intense the stretch will be.





Movements / Transitions

Sun Salutation

The sun salutation is a very basic yoga sequence. It is the most common sequence that you will find in a "vinyasa" class, a type of yoga that focuses on linking breath and movement. The sun salutation involves standing (mountain) pose, volcano pose (arms overhead), forward fold, half lift, plank, low plank, updog, and downdog.



Sun Salutation: List of Steps

- 1. Standing (Mountain) (See page 18)
- 2. Standing (Volcano arms) (See page 92) Lift your arms overhead, keeping your shoulders pulling down and back (not up near your ears).
- 3. Forward fold (See page 23)
- 4. Half lift (See page 20)
- 5. Forward fold (above)
- 6. Plank Step back to a plank. (See page 54)
- Low plank (See page 55)
 Note: Take the knees down to the ground if there is too much strain on the upper body.
- 8. Updog (See page 56) OR Cobra (see page 74)
 Note: Cobra is recommended if you are still warming up, as up dog is an advanced movement that can result in lower back pain in performed incorrectly.
- 9. Downdog Reflip the feet, bend the knees, shift the chest back towards the thighs, and push the butt up and back. (See Downdog on page 103)
- 10. Forward fold Bend knees, look forward, and walk, step, or lightly hop forward to forward fold. (See page 23)
- 11. Half lift (See page 20)
- 12. Forward fold (See page 23)
- 13. Standing (arms overhead) Sit low with the weight in the heels, pull chest forward, and "squat" up with a flat back while lifting the arms out to the sides and overhead.
- 14. Standing (Mountain) (See page 18)

Half Sun Salutation

Half sun salutations are used for a gentle warm-up to help warm-up the spine and shoulders. It includes the standing elements of a sun salutation without the prone positions.

Target area: Full body - lower back, hamstrings, shoulders, upper back

Practical benefits: Warming up the spine. Also great for the day after a hard workout.

- 1. Start in standing (Mountain) pose.
- 2. On an inhale, reach the arms overhead, keeping the back flat, looking up slightly.
- 3. On an exhale, forward fold the chest toward the thighs, arms sweeping down

wide, lowering into a standing forward fold.
Tuck the chin to look back through the legs.

- 4. Inhale into a half lift, flattening the spine, pressing the butt back, and reaching the head forward. Keep the neck in line with the rest of the spine, looking straight down.
- 5. Exhale to a forward fold.
- 6. On an inhale, drop the butt slightly, pull the chest forward, and flatten the spine as the arms spread wide and lift overhead.
- 7. Exhale, and bring the hands to the front of the sternum in prayer position.



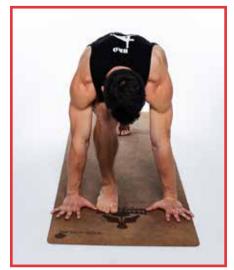
Downdog Step-Up

This is a fundamental movement to many Man Flow Yoga workouts. Downdog is a position from which you can transition to poses that involve one leg forward and one leg back, such as a lunge or warrior pose.

Target area: Core, chest, upper back, shoulders, hip flexors

- 1. Start in Downdog, and lift one leg off the ground on an inhale. Try to form a straight line from the arms to the lifted leg.
- 2. Keep the hips even; keep the front of the back leg facing the ground.
- 3. Press the heel of the lifted leg as far back as possible.
- 4. On a controlled exhale, slowly squeeze the knee toward your nose, and lightly plant your lifted foot between your hands.

Tips: As you progress, this step will become lighter and lighter. Try to avoid "swinging" your foot up between your hands, and focus on slow and controlled movement. If the foot does not get all the way up between the hands, simply grab the ankle with the corresponding hand and manually place the foot between the hands.





FAQs

What does it mean to engage the core?

Engaging the core refers to engaging the abdominal muscles, the stomach muscles in the front of the stomach that are commonly referred to as the six-pack. To engage the core, ensure that the pubic bone is facing straight forward and there is no arching in your lower back. Internally rotate your thighs so that the fronts of your thighs start to turn slightly in towards one another. Then, squeeze the abdominal muscles. You should feel tightening in those muscles in front of the stomach as your core engages. For a better idea on how to engage your core, go to Supine Bicycle, found on page 85. The feeling of tightness in your core while keeping your lower back firmly rooted into the ground is what proper core engagement feels like.



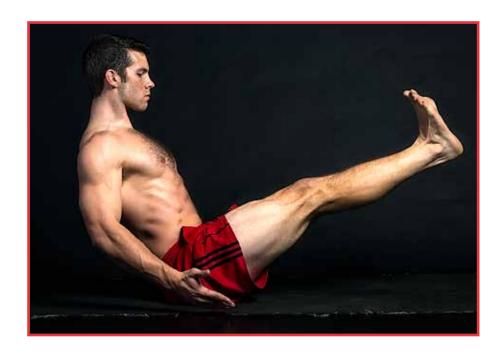
What does "restorative" mean?

Restorative means that the stretch being described is more relaxed. The intention of a restorative stretch is to help the target muscles or muscle group recover. A restorative stretch is best utilized at the end of a workout or a recovery session, focusing on relieving sore muscles, instead of building strength or endurance. In restorative poses, you should draw your breath out as much as possible, and focusing on relaxing your body so that you can work deeper into the stretch.



Sequencing

Sequencing is the order in which the exercises (poses) are performed. It is extremely important for poses to be properly sequenced, or the yoga workout can be ineffective or even dangerous. This eBook provides several sample sequences that you may use a basis for your own sequencing. It also provides several different sequencing approaches used in Man Flow Yoga so that you can develop your own understanding of how to properly sequence a yoga session, and one day be able to sequence a workout yourself. This will be an invaluable tool for coaches, captains, doctors, or physical therapists who would like to design a workout tailored specifically to their personal, team, or client needs.



Hamstrings / Lower back

Squat Hold

Standing Forward Fold -> Half Lift - (Repeat 3x, ~10 second hold for each)

Runner's Lunge

Standing Forward Fold Fingers to Toes

Plank

Cobra

Downdog

High Lunge -> Pyramid

Airplane -> Standing Splits

Downdog (Optional dolphin)

Warrior 2 -> Triangle

Haka -> Wide-legged Forward Fold

Lizard

Seated Forward Fold

Hips

Squat Hold

Low Lunge -> Runner's Lunge

Standing Back Bend

Chair

Standing Forward Fold

Tree -> Standing Bow

Wide-legged Forward Fold

Warrior 2 -> Side Angle

Deep Squat

Lizard

Boat

Butterfly

Pigeon (opt. Figure 4)

Frog

Shoulders / Upper Back

Cat-cow

Bird-dog

Turbo Dog Push-ups (5 - 10 reps)

Standing Side Stretch, Backbend, and Fingers to Toes (Crescent Moon)

Low Lunge Twist

Plank

Cobra

Downdog

Eagle -> Warrior 3 (Switch legs in transition - Start balance on right leg with eagle, and then balance on left leg with Warrior 3.)

High Plank -> Low Plank -> Upward Facing Dog (Updog)

Wide-legged Forward Fold Interlaced Fingers Behind Back (optional strap)

Warrior 2 -> Extended Side Angle -> Reverse Warrior

Dolphin

Skydiver

Superman

Bow

Child's Pose

Rest and Recovery / Cooldown

Half Sun Salutation (Two times)

Low Lunge -> Half Split

Child's Pose

Cat-cow

Downdog

Lizard (knee down)

Turn Signal

Needle Thread

Pigeon

Reclined Quad Stretch

Happy Baby

Reclined Twist Seated Forward Fold

Balance

Deep Squat
High Lunge -> Standing Split
Tree -> Airplane
Standing Bow
Eagle
Warrior 3
Half Moon

Spine / Core

Supine Bicycle
Seated Twist
Cat-cow
Bird-dog
Low Lunge Twist -> Half Split
Standing Side Stretch
Standing Back Bend
Standing Forward Fold Fingers to Toes
Warrior 1 -> Pyramid -> Revolved Pyramid
Tree
Boat
Cobra
Skydiver
High Plank -> Low Plank -> Updog
Downdog

Services / Additional Content

Want more? There are many ways that you can continue to expand your knowledge of yoga and exercise through Man Flow Yoga.

The Website

The BEST way to follow Man Flow Yoga is through the continuously updated website, which offers free and premium content, much of which you will be unable to find on social media. It is also where Dean publishes his popular weekly blog. Finally, this is the place where you can learn about and utilize the latest Man Flow Yoga workouts, products, apparel, and more.

The Man Flow Yoga Community

The Man Flow Yoga Community is the online gathering place where Man Flow Yoga participants and enthusiasts can interact with one another, ask questions, create groups, and earn points based on interaction. You can join the Man Flow Yoga community website at www.mfycommunity.com. The Man Flow Yoga community is also directly integrated into the Man Flow Yoga app, more details on which can be found below.

The Man Flow Yoga App

The Man Flow Yoga App allows you to put into action the techniques and knowledge presented in this eBook. In addition to the step-by-step walkthroughs of each of the poses listed here, the app also includes:

- premium workout videos that are unavailable anywhere else.
- an inspiration section to help inspire and motivate you to complete your workouts
- interactive capabilities so that you engage with other users on the app, create a profile for yourself, rack up points for workouts complete, and then use those points to unlock additional content
- a workout generating tool that allows you to design your own custom workouts based on targeted muscles, level of difficulty and length of workout.

For more info on the Man Flow Yoga app, search for it on the Apple App Store (Release date set for April 2015).

Social Media











You can sign up for the e-mail list to hear about our latest and upcoming events, 'like' us on Facebook to engage with us and the Man Flow Yoga community, subscribe to us on YouTube for great video workouts and tips, or follow us on Twitter and Instagram for pose descriptions, explanations, and more!

Training via webcam

Dean offers an extremely effective, results-oriented training program via webcam that allows you to train with Dean, regardless of location. Dean has worked with people all over the world through this remote training program, including individuals from the United States, Canada, Ireland, England, South Africa, Pakistan, and Afghanistan.

This is not your basic personal training session. Remote training includes:

- An initial assessment in which Dean helps you understand your muscle imbalances, strengths and weaknesses, and overall physical health.
- A new, personalized workout tailored to YOUR specific needs every week
- A detailed recap of every session, including the poses and exercises covered, notes on your performance, and suggestions for future improvement
- A workout plan and homework so that you can continue to work on your physical fitness every day, even when you don't have a lesson scheduled with Dean.

For more details on Dean's personal training program via webcam, visit www.manflowyoga.com/remote-train/

Dean also currently offers small group training through his 90-Day Get Yoga-Ripped Program. The 90-Day Program will take you from a beginner level to intermediate and beyond in just 3 days per week over 3 months. The program focuses on greatly increasing flexibility, endurance, improving posture, developing core strength control and balance, and increasing overall energy and physical wellbeing. The program also includes a nutrition component, an initial consultation, 2 monthly check-up sessions, and personalized homework. For more details, visit: www.manflowyoga.com/90-day-get-yoga-ripped/

Workout Vacations (Retreats)

Dean hosts several retreats annually. In August of 2014 he traveled to Roatan, Honduras with 18 people to spend a full week doing Man Flow Yoga sessions led by Dean, and connect with individuals passionate about yoga, all while relaxing on vacation in a tropical paradise. For information on these, visit the events section of the Man Flow Yoga website, or send an email to events@manflowyoga.com.

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