

GUYOGA YOGA FOR MEN

4 **WORKOUTS**
BASICS, STRENGTH,
SWEAT & STRETCH

Guyoga Pose Guide & Road Map

**YOGA FOR
BEGINNERS**

YOGA FOR THOSE WHO DONT NORMALLY DO YOGA

GUYOGA Pose Guide

Airplane



Bird-Dog



Boat



Bridge



Cat



Cow



Cobra

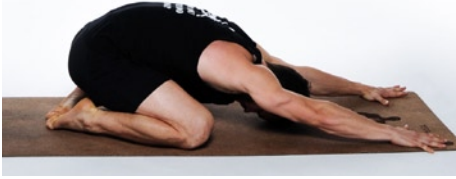


Chair



GUYOGA Pose Guide

Child's Pose



Deep Squat



Dolphin



Down Dog



Half Lift



Happy Baby



High Lunge



Horse Pose



GUYOGA Pose Guide

Humble Warrior



Knee to Nose



Lizard



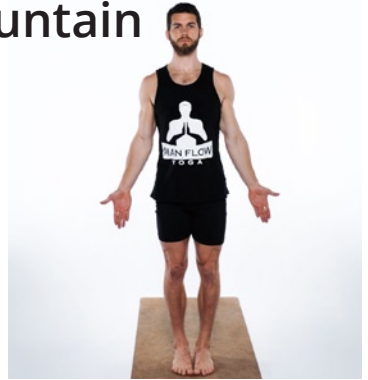
Locust



Low Lunge



Mountain



High Plank



Pyramid



GUYOGA Pose Guide

Reclined Figure 4



Reclined Twist



Reverse Warrior



Revolved Pyramid



Runner's Lunge



Seated Butterfly



Seated Forward Fold



Seated Twist



GUYOGA Pose Guide

Side Angle



Side Plank



Squat Hold



Standing Backbend



Standing Bow



Standing Forward Fold

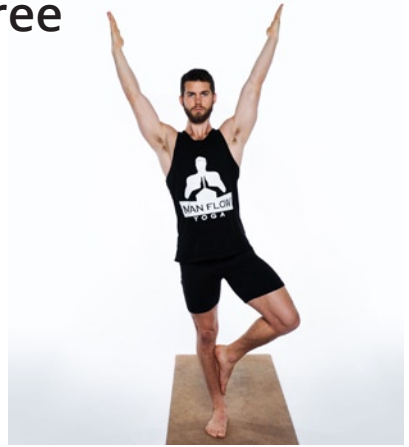


GUYOGA Pose Guide

Standing Side Stretch



Tree



Triangle



Warrior 1



Warrior 2



Wide-legged Forward Fold



GUYOGA - The Roadmap

We created the Guyoga Roadmap so you can effectively utilize Guyoga as a complete workout system, rather than just a collection of workouts.

Here are the best times to do each of the various workouts in
Guyoga: Beginner's Yoga for Men

Yoga Sharpen

Before any workout, to help with muscle activation and injury prevention

Morning workout routine

Yoga Start!

A warm-up before any Guyoga workout

An easier morning workout routine

Yoga Strength

Standalone workout to build muscle

After completing Yoga Sharpen

Yoga Sweat

A challenging standalone workout to help you recharge, refocus, and increase energy

Great for morning, after lunch, or early evening

Yoga Stretch

After ANY workout (yoga or otherwise)

As a standalone workout on recovery day

In the evening to relieve stress and improve sleep

! Not available on the Guyoga DVD, but is accessible on the Man Flow Yoga website using the log-in credentials you received upon purchase.

For more assistance, please email help@manflowyoga.com

ManFlowYoga.com

GUYOGA The Roadmap: Standalone

If you are doing Guyoga on its own.

Beginner - Level 1

3 days per week
20-25 minutes per day

Week 1

Day 1: **Start** (or)

Day 2:

Day 3:

Week 2

Day 1:

Day 2: **Start** or

Day 3: **Stretch**

Beginner - Level 2

5 days per week
20-25 minutes per day

Week 1

Day 1: **Start** (or)

Day 2:

Day 3:

Day 4:

Day 5: **Stretch**

Intermediate - Level 2

5 days per week
45-50 minutes per day

Week 1

Day 1: , **Stretch**

Day 2: ,

Day 3: ,

Day 4: ,

Day 5: , **Stretch**

Intermediate - Level 1

3 days per week
45-50 minutes per day

Week 1

Day 1: ,

Day 2: ,

Day 3: , **Stretch**

Week 2

Day 1: ,

Day 2: ,

Day 3: , **Stretch**

Advanced - Level 1

3 days per week
65-75 minutes per day

Week 1

Day 1: , , **Stretch**

Day 2: , , **Stretch***

Day 3: , , **Stretch***

Week 2

Day 1: , , **Stretch**

Day 2: , , **Stretch***

Day 3: , ,

Advanced - Level 2

5 days per week
65-75 minutes per day

Week 1

Day 1: , , **Stretch**

Day 2: , , **Stretch***

Day 3: , ,

Day 4: , , **Stretch**

OR , **Stretch**

Day 5: , , †

OR , , **Stretch**

* A DIFFICULT workout
† Optional **Stretch** workout

GUYOGA - The Roadmap: Runners

For integrating yoga into your running routine

Yoga-Only Days

, Stretch

Strengthen your entire body and then top it off with a flexibility-focused recovery workout.

, Stretch

Sweat and move quickly (but mindfully!) to increase endurance, core strength, and body control, and then stretch it out.

Do the exact opposite of what you do while running, and move slowly and in control with these technique-heavy workouts.

Align your body and then speed it up for a heart-pounding power yoga session.

, , Stretch

Spend an entire hour on your yoga mat and get everything your body misses out on while running.

Improve flexibility, lengthen muscles, strengthen your entire body, and increase athleticism.

, Stretch

Longer holds to build muscle and strength

Improve flexibility, body control, and boost your recovery.

Yoga-Running Sandwiches

Get a comprehensive workout with yoga and a short-medium run

This format helps to:

Properly warm-up the body for maximum efficiency and injury prevention

Burn more calories, build more muscle in a single workout

Increase endurance, strength, and flexibility

Lengthen tight muscles after a run for a recovery boost

Note: This is also the workout format that Dean uses when he goes on runs.

, Run, Stretch

, Run,

**, Run,
, Stretch
(Difficult!)**

Note: We recommend taking the following day off!

**, Run,
Sweet, Stretch
(Difficult!)**

GUYOGA - The Roadmap: Runners

Yoga immediately before or after your run

Before Running

Use these workouts before your run to improve muscle efficiency, prevent injury, and warm-up properly

OR

OR Start

Great to warm-up muscles and prevent injury (*especially if it's cold outside!*)

Start off a light running day with Sweat to help with muscle activation

Increase the difficulty of the run for added strength and endurance

After Running

Use these workouts to work into flexibility while your body is warm to reduce soreness and have a proper cooldown.

An extra challenge after your workout, but also for improving flexibility

Sweat

Great for burning more calories after your run

Improve endurance, flexibility, and core strength

Stretch

Speed up recovery, relieve sore muscles, and reduce your risk of overtraining

Start

Realign your body, stretch tight muscles, and jumpstart your recovery.

Gentle workout perfect for improving flexibility and lengthening your muscles after a run.

GUYOGA - The Roadmap: Cross Training

If you're doing more than **Guyoga**

If you're involved in more than 1 or 2 forms of fitness, the cross training program is for you.

Combinations

Before Workouts

Start OR

Injury prevention and improved mobility for your workout.

OR

A comprehensive warm-up for before a light or medium-intensity workout

After Workouts

Stretch

Immediately after any workout

Great for anytime that you are feeling sore

OR

Add a little something to the end of your workouts

Increase mobility, re-align your body, and jumpstart your recovery.

OR Start

Realign your body, notice imbalances, and release tight muscles

Reduce soreness and decrease recovery time.

Yoga-Only Days

OR

Before lifting day for increased mobility and muscle activation the next day.

, Stretch

Increase strength and flexibility

, Stretch

Active recovery day

Improve flexibility

Build strength, flexibility, address imbalances, increase core strength, improve balance, strengthen your spine.

Get the alignment right, and then speed it up and work on your athleticism with this combo.

, Stretch

Get it all with alignment, an upbeat workout, and a comprehensive cooldown.

, Stretch

Slow it down and focus on slow, controlled movements

Increase strength, body awareness, flexibility, and jumpstart your recovery.

Stretch

Great for any time your body is feeling sore.

Use before bed for a great night of sleep.

Maximize your recovery process