



Man Flow Yoga 7-Day Intro Pose Guide

Day 2 - Hip and Glute

Beginner



Seated March Hold
Hold for :30 to :60



Low Lunge
Hold for :30 to :90



Assisted Chair Pose
Hold for :30 to :60 - 2 Sets

Intermediate



Standing March Hold
Hold for :30 to :60 - 2 Sets



Runners Lunge
Hold for :30 to :90 - 2 Sets



Chair Pose
Hold for :30 to :60 - 2 Sets

Advanced



Standing March Hold w/Extension
Hold for :30 to :60 - 2 Sets



High Lunge
Hold for :30 to :90 - 2 Sets



One Legged Chair Pose
Hold for :30 to :90