



# Man Flow Yoga 7-Day Intro Pose Guide

## Day 4 - Spinal Strength

### Beginner



**Standing Back Bend**  
Hold for :60 - 2 Sets



**Reclined Twists**  
10 to 20 Each Side



**Baby Cobra**  
Hold for :20 to :30 - 2 Sets

### Intermediate



**Standing Back Bend**  
Hold for :45 to :60 - 2 Sets



**Low Lunge w/Twists**  
Hold for :30 to :60 - 2 Sets



**Cobra Pose**  
Hold for :20 to :45 - 2 Sets

### Advanced



**Standing Back Bend**  
Hold for :60 - 2 Sets



**Runners Lunge w/Twist**  
Hold for :30 to :60 - 2 Sets



**Cobra to Full Locust**  
Hold for :30 - 2 Sets