

SportRec@Home

Yoga Routine



1. Set Your Intentions



palms pressed together
take a few deep breaths
set your intentions

2. Neck Rotations



inhale at center
exhale with each rotation
(repeat 2x each)

3. Chin to Chest



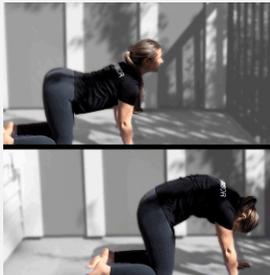
exhale chin to chest
inhale chin to sky
(repeat 3x each)

4. Torso Rotations



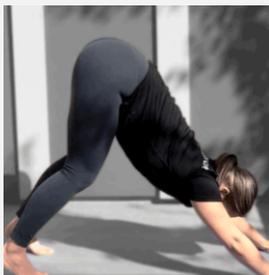
exhale as you rotate
inhale returning to center
(repeat 3x each side)

5. Cat & Cow



inhale as you look up
exhale as you look down
(repeat 3x each)

6. Downward Dog



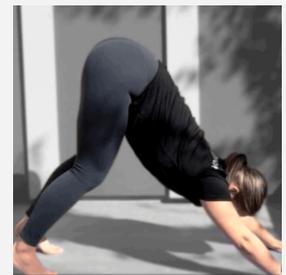
exhale into down-dog
rock back and forth on
heels (3 times each)

7. Child's Pose



sit on your heels
extend your arms forward
(3 deep breaths)

8. Downward Dog



exhale into down-dog
rock back and forth on
heels (3 times each)

9. Three Legged Dog



right leg in the air
maintain a strong core
(3 deep breaths)

10. Front Lunge + Twist



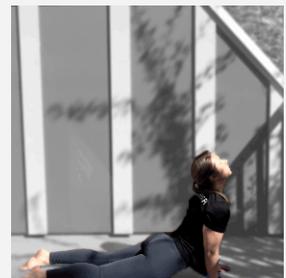
bring your right leg
forward, right arm in air
(2 deep breaths)

11. Plank



move into plank position
(3 deep breaths)
transition to low plank

12. Cobra



keep your hips pressed
into the floor and look up
(2 deep breaths)

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13. Downward Dog



exhale into down-dog
rock back and forth on
heels (3 times each)

14. Three Legged Dog



left leg in the air
maintain a strong core
(3 deep breaths)

15. Front Lunge + Twist



bring your left leg
forward, left arm in air
(2 deep breaths)

16. Plank



palms on the ground, arms
straight, maintain a strong
core (3 deep breaths)

17. Chaturanga



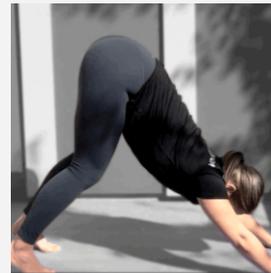
(low plank)
from the previous pose,
lower to the ground slowly

18. Cobra



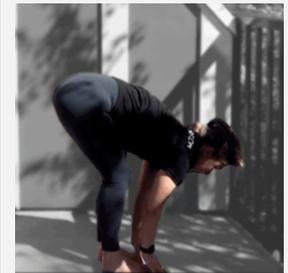
keep your hips pressed
into the floor and look up
(2 deep breaths)

19. Downward Dog



exhale into down-dog
rock back and forth on
heels (3 times each)

20. Forward Fold



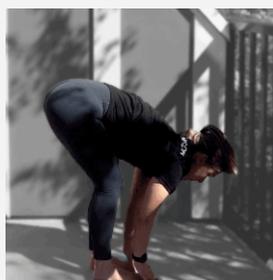
step up into your
forward fold
(2 deep breaths)

21. Half Lift



inhale as you bring your
hands to your shins
keep your back flat

22. Forward Fold



exhale as you lower back
down into forward fold
(2 deep breaths)

23. Standing



inhale as you bring your
arms back up to standing

24. Back Bend



lean back slightly
lean to your left side
lean to your right side

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SUN SALUTATION



25. Forward Fold



exhale as you bring your arms down into forward fold

26. Half Lift



inhale as you bring your hands to your shins keep back flat

27. Forward Fold



exhale back down into forward fold

28. Plank



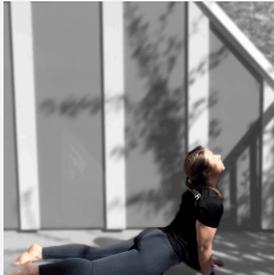
inhale as you step back into a plank position

29. Chaturanga



exhale as you lower into chaturanga

30. Cobra



inhale as you move into cobra

31. Downward Dog



exhale as you move into downward dog

32. Step to Fold



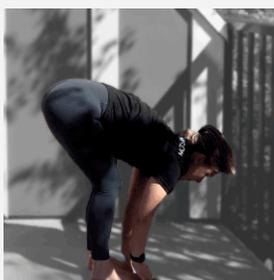
inhale as you step up into forward fold (1 deep breath in fold)

33. Half Lift



inhale as you come up into half lift

34. Forward Fold



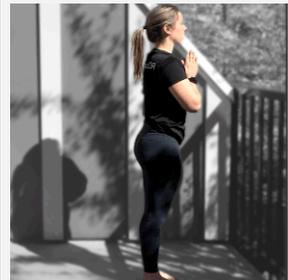
exhale back down into forward fold

35. Standing



inhale as you move back back into standing

36. Hands to Heart



exhale as you bring your hands to heart center

*repeat poses: 25-31



**after one round of Sun Salutations you can either stop, or continue to the next page...

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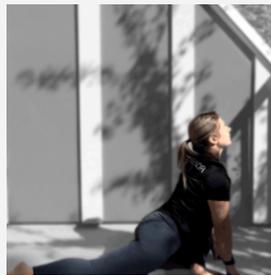


37. Three Legged Dog



left leg in the air,
maintain a strong core
(3 deep breaths)

38. Pigeon



step left leg through body,
90° across your torso
(3 deep breaths)

39. Downward Dog



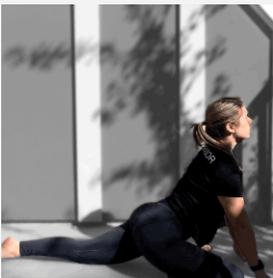
exhale into down-dog,
rock back and forth on
heels (3 times each)

40. Three Legged Dog



right leg in the air,
maintain a strong core
(3 deep breaths)

41. Pigeon



step right leg through body
90° across your torso
(3 deep breaths)

42. Downward Dog



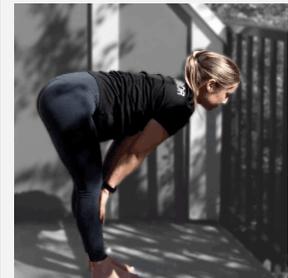
rock back and forth on
each heel
(3 times each)

43. Walk Hands : Feet



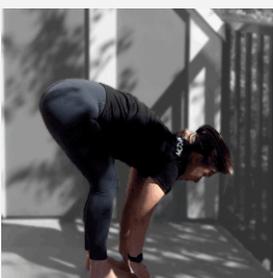
walk your hands to
your feet as you move to
forward fold

44. Half Lift



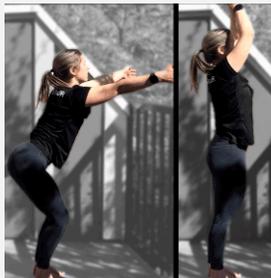
inhale as you bring
your hands to your shins,
keep your back flat

45. Forward Fold



exhale back down
into forward fold

46. Standing



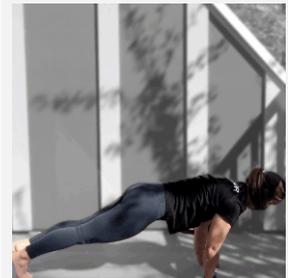
inhale as you bring your
arms up to standing

47. Downward Dog



exhale into down-dog,
rock back and forth on
heels (3 times each)

48. Plank



palms on the ground, arms
straight, maintain a strong
core (3 deep breaths)

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49. Chaturanga



(low plank)
from the previous pose,
lower to the ground slowly

50. Cobra



keep your hips pressed
into the floor and look up
(2 deep breaths)

51. Chaturanga



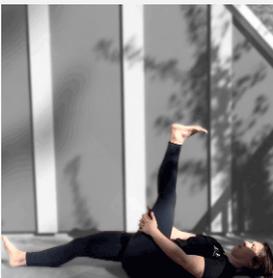
low plank
from the previous pose,
lower to the ground slowly

52. Boat



extend your legs out,
lean back until you feel
your core engage

53. Knee Extension



lift one leg straight in the
air as best as you can
(3 breaths - both sides)

54. Shavasana



release all the tension
in your muscles and relax
your mind

55. Sit Back Up



take a few deep breaths
and
repeat your intentions



Thank yourself
for making it onto your
mat today!

