

## Body Weight Workout

The exercises are set in pairs. Alternate between exercise a & b for 3 sets. Spend 5 breaths in each exercise, so each progressive set is 5 breaths longer. [YogaBWFormat.mp4](#), [YogaBW2-5.mp4](#)

		Set 1	Set 2	Set 3
1	a.	Bridge	Bridge+Hip Lift	Bridge+Hip Lift+Marching Bridge
	b.	Bug Hold	Bug Hold+Deadbug	Bug Hold+Deadbug+Knees to Elbows
2	a.	Chair	Chair+Squat	Chair+Squat+Pulse Squat
	b.	Plank	Plank+Rocking Plank	Plank+Rocking Plank+Up/Down
3	a.	Warrior 3	Warrior 3+SL Deadlift	Warrior 3+SL Deadlift+Pulse
	b.	Side Plank	Side Plank+add Reach	Side Plank+add Reach+Hip Dip
4	a.	Lunge	Lunge+Breathing	Lunge+Breathing+Pulsing Lunge
	b.	Mtn Climber	Mtn Climber+Breath	Mtn Climber+Breath+Kick Thru
5	a.	Goddess	Goddess+Breath	Goddess+Breath+Pulsing
	b.	Down Dog	Down Dog+Plank to Dog	Down Dog+Plank to Dog+Foot Touch

## Band Workout

4 mini circuits, reps as prescribed, 3 sets per circuit

1. Fly x10  
Lunge & Press x 5 per leg  
3 Point Lunge x 5 per leg
2. Pallof Hold x 30 sec per side  
Lateral Lunge x 10 per leg  
Sideways X-Band Walk x 10 steps
3. Reverse Fly x 10  
Squat & Row x 10  
Duck Walk x 30-60 sec
4. Bear x 30 sec  
Banded Bird Dog x 10 per side  
Banded Alt. Leg Lower x 10 per side

## Weight Workout

Perform all the exercises in a circuit with a running 1minute clock, no rest between exercises, just transition time. The exception being the single leg exercises and chop. 30 seconds per side. 3 Sets

Bicep Curl  
Pullover  
Split Squat  
Tricep Extension  
Shoulder Press  
Single Leg Deadlift  
Low to High Chop  
1 ½ Squat  
Plank Variation

**Finisher** – Pick a form of movement (run, bike, row, incline walk), work for 1 minute at 80-90% effort, then recover at 60% effort for 1 minute. Repeat for a total of 10 minutes.