

***EDITOR'S NOTE:** Yoga Workouts are written by Breaking Muscle founder Mindith Rahmat. Mindith is an E-RYT 500 Certified Yoga Therapist and Teacher. Mindith has studied under illuminating yoga teachers including, Joseph and Lillian LePage, Baron Baptiste, Bryan Kest, Shiva Rea, Rod Stryker, and recently with Master Paulie Zink. She is also a certified CrossFit coach and an experienced kettlebell coach and Olympic weightlifting athlete.*

Get Ready to Sweat With KBs, Bodyweight, and Core Training

These workouts combine kettlebell swings, bodyweight core movement and yoga sequences.

Day 1 will be a full workout with a full yoga class.

Day 2 will be a full workout with a shorter yoga class.

Hold all yoga poses for five breaths unless otherwise indicated.

Equipment needed: kettlebell, pull up bar, timer, and a non-slip yoga mat.

Kettlebell guidelines for women:

- Beginner 8kg – 12kg
- Intermediate 12kg – 16kg
- Elite 16kg – 24kg

Week 1

Day 1

Workout

4 rounds of:

- 10 Swings

- 1 V Up
- 15 Swings
- 2 V Up
- 25 Swings
- 3 V Up
- 50 Swings
- *Rest

*After each set of 10, 15 and 25 reps of swings, rest as needed, listening to your body, from 30–60 seconds.

*After each set of 50 swings, rest as needed, up to 3 minutes

Yoga

- 5x Sun Salutation C Series
- 5x Downward Dog to Upward Dog
- Downward Dog
- Crescent Lunge on Left Leg
- 5x Goddess Squat
- Wide Legged Standing Forward Bend Arms Clasped
- Downward Dog
- Crescent Lunge on Right Leg
- 5x Goddess Squat
- Wide Legged Standing Forward Fingers Gripping Toes
- Downward Dog
- Yogi Squat
- Yogi Squat Twist to Right
- Shoulder Release with Standing Forward Bend
- Yogi Squat Twist to Left
- Standing Forward Bend with Fingers Gripping Toes
- Vinyasa
- Crescent Lunge on Right Leg With Twist
- Lizard Pose
- Reach Back to Quad Stretch
- Vinyasa
- Crescent Lunge on Right Leg With Twist
- Lizard Pose

- Reach Back to Quad Stretch
- Child's Pose with Shoulder Release to Right and Left
- Hero's Pose
- Camel Pose x3
- Bridge Pose
- Happy Baby
- Wide Legged Stretch
- Supine Pigeon on Right
- Happy Baby
- Wide Legged Stretch
- Supine Pigeon on Right
- Gentle Twist to Right and Left
- Savasana

Day 2

Workout

4 rounds of:

- 10 Swings
- 2 Sit up to straddle
- 15 Swings
- 4 Sit up to straddle
- 25 Swings
- 6 Sit up to straddle
- 50 Swings
- *Rest

*After each round of 10, 15 and 25 reps, rest as needed, listening to your body, from 30–60 seconds.

*After each set of 50 swings, please rest as needed up, to 3 minutes

Yoga

- 10x Cat/Cow

- 2x Salutation A Series
- 2x Sun Salutation B Series
- Child's Pose
- Downward Dog *hold 10 breaths
- Vinyasa
- Right Side
- High lunge
- Warrior I – Warrior 2 – Warrior 3
- Revolved Balancing Half Moon
- Standing Splits
- Vinyasa
- Repeat on Left Side
- High Lunge
- Warrior I– Warrior 2– Warrior 3
- Revolved Balancing Half Moon
- Standing Splits
- Vinyasa
- Child's Pose
- Seated Twist to Right and Left
- Legs up The Wall Pose
- Savasana

Week 2

Day 1

Workout

- 10 Swings
- 1 Knees To Elbow
- 15 Swings
- 2 Knees To Elbow
- 25 Swings
- 3 Knees To Elbow
- 50 Swings
- *Rest

After each round of 10, 15 and 25 reps, rest as needed listening to your body, from 30–60 seconds.

*After each your set of 50 swings, please rest as needed up to 3 minutes

Repeat 4x

Yoga

- Happy Baby
- 1 / 2 Happy Baby Right Side
- Happy Baby
- 1 / 2 Happy Baby Left Side
- Eagle Legs Twist Right Side
- Wide Legged Stretch
- Eagle Legs Twist Left Side
- Downward Dog* 10 Breaths
- Vinyasa
- Tree Pose Right Side
- Standing Forward Fold
- Vinyasa
- Tree Pose Left Side
- Standing Forward Fold
- Vinyasa
- Downward Dog
- Warrior I – Warrior 2 Right Side
- Vinyasa
- Warrior 1 – Warrior 2 Left Side
- High Lunge
- Vinyasa
- Humble Warrior Right Side
- Vinyasa
- Humble Warrior Left Side
- Plank Hold *20 Breaths
- Vinyasa
- Frog Pose *2–3 minutes
- Easy Supine Twists

- Savasana

Day 2

Workout

- 10 Swings
- 1 Kimura Sit Up
- 15 Swings
- 2 Kimura Sit Up
- 25 Swings
- 3 Kimura Sit Up
- 50 Swings
- *Rest

After each round of 10, 15 and 25 reps, rest as needed listening to your body, from 30–60 seconds.

*After each your set of 50 swings, please rest as needed up to 3 minutes

Repeat 4x

Yoga

- Child's Pose
- 10x Cat/Cow
- Gate Pose Right Side
- Vinyasa
- Gate Pose Left Side
- Vinyasa
- Right Knee to Chest – to Right Side – to Left Side
- Vinyasa
- Fallen Triangle Right Side
- Single Leg Pigeon Right Side
- Double Pigeon Right Side

- King Pigeon Left Side
- Vinyasa
- Left Knee to Chest – to Right Side – to Left Side
- Fallen Triangle Left Side
- Single Leg Pigeon Left Side
- Double Pigeon Left Side
- King Pigeon Left Side
- Forearm Plank Hold * 20 Breaths
- Child's Pose
- Dolphin
- Child's Pose with Neck Release

Week 3

Day 1

Workout

4 rounds:

- 10 Swings
- 1 Toes to Bar
- 15 Swings
- 2 Toes to Bar
- 25 Swings
- 3 Toes to Bar
- 50 Swings
- *Rest

*After each round of 10, 15 and 25 reps, rest as needed listening to your body, from 30–60 seconds.

*After each your set of 50 swings, please rest as needed up to 3 minutes

Yoga

- Child's Pose
- Sphinx Pose
- Cobra

- Upward Facing Dog
- Downward Dog
- Child's Pose
- Sphinx Pose
- Cobra
- Upward Facing Dog
- Downward Dog
- 5x Sun Salutation A Series
- 3 x Each Side
- Right Side
- Runner's Lunge
- Warrior II
- Reverse Warrior and Extended Side Angle
- Vinyasa
- Repeat on Left Side
- Right Side
- Runner's Lunge
- Warrior II
- Reverse Warrior and Extended Side Angle
- Vinyasa
- Standing Forward Fold
- Yogi Squat
- Standing Forward Fold with Shoulder Release
- Vinyasa
- Right Side
- Triangle
- Lizard Pose
- Vinyasa
- Left Side
- Triangle
- Lizard Pose
- Slow Vinyasa
- Single Pigeon Right Side 3 Minutes
- Slow Vinyasa
- Single Pigeon Left Side 3 Minutes
- Wide Legged Forward Bend
- Seated Twist
- Seated Meditation

Day 2

Workout

4 rounds:

- 10 Swings
- 1 Prisoner Sit Up
- 15 Swings
- 2 Prisoner Sit Up
- 25 Swings
- 3 Prisoner Sit Up
- 50 Swings
- *Rest

*After each round of 10, 15 and 25 reps, rest as needed listening to your body, from 30–60 seconds.

*After each your set of 50 swings, please rest as needed up to 3 minutes

Yoga

- Child's Pose
- 5x Sun Salutation B Series
- 3x Boat to ½ Boat
- Vinyasa
- Right Side
- Warrior I
- Warrior II
- Reverse Warrior
- Triangle
- Extended Side Angle
- Bird of Paradise
- Vinyasa
- 3x Boat to ½ Boat
- Vinyasa
- Left Side

- Warrior I
- Warrior II
- Reverse Warrior
- Triangle
- Extended Side Angle
- Bird of Paradise
- Vinyasa
- Flip Dog on Right Side
- Splits on Right Side *1–2 Minutes
- Downward Dog
- Flip Dog on Left Side
- Splits on Left Side *1–2 Minutes
- Downward Dog with a Twist to Right and Left
- Supine Twist to Right
- Supine Twist to Left
- Savasana

Week 4

Day 1

Workout

4 rounds:

- 10 Swings
- 1 Bodyweight Get Up
- 15 Swings
- 2 Bodyweight Get Up
- 25 Swings
- 3 Bodyweight Get Up
- 50 Swings
- *Rest

*After each round of 10, 15 and 25 reps, rest as needed listening to your body, from 30–60 seconds.

*After each your set of 50 swings, please rest as needed up to 3 minutes

Yoga

- 5x Sun Salutation C Series
- 5x Downward Dog to Upward Dog
- Downward Dog
- Crescent Lunge on Left Leg
- 5x Goddess Squat
- Wide Legged Standing Forward Bend Arms Clasped
- Downward Dog
- Crescent Lunge on Right Leg
- 5x Goddess Squat
- Wide Legged Standing Forward Fingers Gripping Toes
- Downward Dog
- Yogi Squat
- Yogi Squat Twist to Right
- Shoulder Release with Standing Forward Bend
- Yogi Squat Twist to Left
- Standing Forward Bend with Fingers Gripping Toes
- Vinyasa
- Crescent Lunge on Right Leg With Twist
- Lizard Pose
- Reach Back to Quad Stretch
- Vinyasa
- Crescent Lunge on Right Leg With Twist
- Lizard Pose
- Reach Back to Quad Stretch
- Child's Pose with Shoulder Release to Right and Left
- Hero's Pose
- Camel Pose x3
- Bridge Pose
- Happy Baby
- Wide Legged Stretch
- Supine Pigeon on Right
- Happy Baby
- Wide Legged Stretch
- Supine Pigeon on Right

- Gentle Twist to Right and Left
- Savasana

Day 2

Workout

4 rounds:

- 10 Swings
- 2 Bodyweight Straight Leg Raise
- 15 Swings
- 4 Bodyweight Straight Leg Raise
- 25 Swings
- 6 Bodyweight Straight Leg Raise
- 50 Swings
- *Rest

*After each round of 10, 15 and 25 reps, rest as needed listening to your body, from 30–60 seconds.

*After each your set of 50 swings, please rest as needed up to 3 minutes

Yoga

- 10x Cat/Cow
- 2x Salutation A Series
- 2x Sun Salutation B Series
- Child's Pose
- Downward Dog *hold 10 breaths
- Vinyasa
- Right Side
- High lunge
- Warrior I – Warrior 2 – Warrior 3
- Revolved Balancing Half Moon
- Standing Splits
- Vinyasa

- Repeat on Left Side
- High lunge
- Warrior I– Warrior 2– Warrior 3
- Revolved Balancing Half Moon
- Standing splits
- Vinyasa
- Child's Pose
- Seated Twist to Right and Left
- Leg's up The Wall Pose
- Savasana

Week 5

Day 1

Workout

4 rounds:

- 10 Swings
- 1 V Up
- 15 Swings
- 2 V Up
- 25 Swings
- 3 V Up
- 50 Swings
- *Rest

*After each round of 10, 15 and 25 reps, rest as needed listening to your body, from 30–60 seconds.

*After each your set of 50 swings, please rest as needed up to 3 minutes

Yoga

Happy Baby

1/2 Happy Baby Right Side

Happy Baby

1/2 Happy Baby Left Side

Eagle Legs twist Right Side
Wide Legged Stretch
Eagle Legs Twist Left Side
Downward Dog* 10 Breaths
Vinyasa
Tree Pose Right Side
Standing Forward Fold
Vinyasa
Tree Pose Left Side
Standing Forward Fold
Vinyasa
Downward Dog
Warrior 1 – Warrior 2 Right Side
Vinyasa
Warrior 1 – Warrior 2 Left Side
High Lunge
Vinyasa
Humble Warrior Right Side
Vinyasa
Humble Warrior Left Side
Plank Hold *20 Breaths
Vinyasa
Frog Pose *2–3 minutes
Easy Supine twists
Savasana

Day 2

Workout

4 rounds:

- 10 Swings
- 1 Sit Up to Straddle
- 15 Swings
- 2 Sit Up to Straddle
- 25 Swings
- 3 Sit Up to Straddle

- 50 Swings
- *Rest

*After each round of 10, 15 and 25 reps, rest as needed listening to your body, from 30–60 seconds.

*After each your set of 50 swings, please rest as needed up to 3 minutes

Yoga

- Child's Pose
- 10x Cat/Cow
- Gate Pose Right Side
- Vinyasa
- Gate Pose Left Side
- Vinyasa
- Right Knee to Chest – to Right Side – to Left Side
- Vinyasa
- Fallen Triangle Right Side
- Single Leg Pigeon Right Side
- Double Pigeon Right Side
- King Pigeon Left Side
- Vinyasa
- Left Knee to Chest – to Right Side – to Left Side
- Fallen Triangle Left Side
- Single Leg Pigeon Left Side
- Double Pigeon Left Side
- King Pigeon Left Side
- Forearm Plank Hold * 20 Breaths
- Child's Pose
- Dolphin
- Child's Pose with Neck Release

Week 6

Day 1

Workout

4 rounds:

- 10 Swings
- 1 Knees to Elbow
- 15 Swings
- 2 Knees to Elbow
- 25 Swings
- 3 Knees to Elbow
- 50 Swings
- *Rest

*After each round of 10, 15 and 25 reps, rest as needed listening to your body, from 30–60 seconds.

*After each your set of 50 swings, please rest as needed up to 3 minutes

Yoga

- Child's Pose
- Sphinx Pose
- Cobra
- Upward Facing Dog
- Downward Dog
- Child's Pose
- Sphinx Pose
- Cobra
- Upward Facing Dog
- Downward Dog
- 5x Sun Salutation A Series
- 3 x Each Side
- Right Side
- Runner's Lunge
- Warrior II
- Reverse Warrior and Extended Side Angle
- Vinyasa
- Repeat on Left Side
- Right Side

- Runner's Lunge
- Warrior II
- Reverse Warrior and Extended Side Angle
- Vinyasa
- Standing Forward Fold
- Yogi Squat
- Standing Forward Fold with Shoulder Release
- Vinyasa
- Right Side
- Triangle
- Lizard Pose
- Vinyasa
- Left Side
- Triangle
- Lizard Pose
- Slow Vinyasa
- Single Pigeon Right Side 3 Minutes
- Slow Vinyasa
- Single Pigeon Left Side 3 Minutes
- Wide Legged Forward Bend
- Seated Twist
- Seated Meditation

Day 2

Workout

4 rounds:

- 10 Swings
- 1 Kimura Sit Up
- 15 Swings
- 2 Kimura Sit Up
- 25 Swings
- 3 Kimura Sit Up
- 50 Swings
- *Rest

*After each round of 10, 15 and 25 reps, rest as needed listening to your body, from 30–60 seconds.

*After each your set of 50 swings, please rest as needed up to 3 minutes

Yoga

- Child's Pose
- 5x Sun Salutation B Series
- 3x Boat to ½ Boat
- Vinyasa
- Right Side
- Warrior I
- Warrior II
- Reverse Warrior
- Triangle
- Extended Side Angle
- Bird of Paradise
- Vinyasa
- 3x Boat to ½ Boat
- Vinyasa
- Left Side
- Warrior I
- Warrior II
- Reverse Warrior
- Triangle
- Extended Side Angle
- Bird of Paradise
- Vinyasa
- Flip Dog on Right Side
- Splits on Right Side *1–2 Minutes
- Downward Dog
- Flip Dog on Left Side
- Splits on Left Side *1–2 Minutes
- Downward Dog with a Twist to Right and Left
- Supine Twist to Right
- Supine Twist to Left
- Savasana

Week 7

Day 1

Workout

4 rounds:

- 10 Swings
- 1 Toes to Bar
- 15 Swings
- 2 Toes to Bar
- 25 Swings
- 3 Toes to Bar
- 50 Swings
- *Rest

*After each round of 10, 15 and 25 reps, rest as needed listening to your body, from 30–60 seconds.

*After each your set of 50 swings, please rest as needed up to 3 minutes

Yoga

- 5x Sun Salutation C Series
- 5x Downward Dog to Upward Dog
- Downward Dog
- Crescent Lunge on Left Leg
- 5x Goddess Squat
- Wide Legged Standing Forward Bend Arms Clasped
- Downward Dog
- Crescent Lunge on Right Leg
- 5x Goddess Squat
- Wide Legged Standing Forward Fingers Gripping Toes
- Downward Dog
- Yogi Squat
- Yogi Squat Twist to Right
- Shoulder Release with Standing Forward Bend

- Yogi Squat Twist to Left
- Standing Forward Bend with Fingers Gripping Toes
- Vinyasa
- Crescent Lunge on Right Leg With Twist
- Lizard Pose
- Reach Back to Quad Stretch
- Vinyasa
- Crescent Lunge on Right Leg With Twist
- Lizard Pose
- Reach Back to Quad Stretch
- Child's Pose with Shoulder Release to Right and Left
- Hero's Pose
- Camel Pose x3
- Bridge Pose
- Happy Baby
- Wide Legged Stretch
- Supine Pigeon on Right
- Happy Baby
- Wide Legged Stretch
- Supine Pigeon on Right
- Gentle Twist to Right and Left
- Savasana

Day 2

Workout

4 rounds:

- 10 Swings
- 2 Prisoner Sit Up
- 15 Swings
- 4 Prisoner Sit Up
- 25 Swings
- 6 Prisoner Sit Up
- 50 Swings
- *Rest

*After each round of 10, 15 and 25 reps, rest as needed listening to your body, from 30–60 seconds.

*After each your set of 50 swings, please rest as needed up to 3 minutes

Yoga

- 10x Cat/Cow
- 2x Salutation A Series
- 2x Sun Salutation B Series
- Child's Pose
- Downward Dog *hold 10 breaths
- Vinyasa
- Right Side
- High lunge
- Warrior I– Warrior 2 – Warrior 3
- Revolved Balancing Half Moon
- Standing Splits
- Vinyasa
- Repeat on Left Side
- High lunge
- Warrior I– Warrior 2– Warrior 3
- Revolved Balancing Half Moon
- Standing splits
- Vinyasa
- Child's pose
- Seated Twist to Right and Left
- Leg's up The Wall Pose
- Savasana

Week 8

Day 1

Workout

4 rounds:

- 10 Swings
- 1 Bodyweight Get Up
- 15 Swings
- 2 Bodyweight Get Up
- 25 Swings
- 3 Bodyweight Get Up
- 50 Swings
- *Rest

*After each round of 10, 15 and 25 reps, rest as needed listening to your body, from 30–60 seconds.

*After each your set of 50 swings, please rest as needed up to 3 minutes

Yoga

- Happy Baby
- 1 /2 Happy Baby Right Side
- Happy Baby
- 1 /2 Happy Baby Left Side
- Eagle Legs twist Right Side
- Wide Legged Stretch
- Eagle Legs Twist Left Side
- Downward Dog* 10 Breaths
- Vinyasa
- Tree Pose Right Side
- Standing Forward Fold
- Vinyasa
- Tree Pose Left Side
- Standing Forward Fold
- Vinyasa
- Downward Dog
- Warrior I – Warrior 2 Right Side
- Vinyasa
- Warrior 1 – Warrior 2 Left Side
- High Lunge
- Vinyasa
- Humble Warrior Right Side

- Vinyasa
- Humble Warrior Left Side
- Plank Hold *20 Breaths
- Vinyasa
- Frog Pose *2–3 minutes
- Easy Supine twists
- Savasana

Day 2

Workout

4 rounds:

- 10 Swings
- 1 Bodyweight Straight Leg Raise
- 15 Swings
- 2 Bodyweight Straight Leg Raise
- 25 Swings
- 3 Bodyweight Straight Leg Raise
- 50 Swings
- *Rest

*After each round of 10, 15 and 25 reps, rest as needed listening to your body, from 30–60 seconds.

*After each your set of 50 swings, please rest as needed up to 3 minutes

Yoga

- Child's Pose
- 10x Cat/Cow
- Gate Pose Right Side
- Vinyasa
- Gate Pose Left Side
- Vinyasa
- Right Knee to Chest – to Right Side – to Left Side
- Vinyasa

- Fallen Triangle Right Side
- Single Leg Pigeon Right Side
- Double Pigeon Right Side
- King Pigeon Left Side
- Vinyasa
- Left Knee to Chest – to Right Side – to Left Side
- Fallen Triangle Left Side
- Single Leg Pigeon Left Side
- Double Pigeon Left Side
- King Pigeon Left Side
- Forearm Plank Hold * 20 Breaths
- Child's Pose
- Dolphin
- Child's Pose with Neck Release

Week 9

Day 1

Workout

4 rounds:

- 10 Swings
- 1 V Up
- 15 Swings
- 2 V Up
- 25 Swings
- 3 V Up
- 50 Swings
- *Rest

*After each round of 10, 15 and 25 reps, rest as needed listening to your body, from 30–60 seconds.

*After each your set of 50 swings, please rest as needed up to 3 minutes

Yoga

- Child's Pose
- 5x Sun Salutation B Series
- 3x Boat to ½ Boat
- Vinyasa
- Right Side
- Warrior I
- Warrior II
- Reverse Warrior
- Triangle
- Extended Side Angle
- Bird of Paradise
- Vinyasa
- 3x Boat to ½ Boat
- Vinyasa
- Left Side
- Warrior I
- Warrior II
- Reverse Warrior
- Triangle
- Extended Side Angle
- Bird of Paradise
- Vinyasa
- Flip Dog on Right Side
- Splits on Right Side *1–2 Minutes
- Downward Dog
- Flip Dog on Left Side
- Splits on Left Side *1–2 Minutes
- Downward Dog with a Twist to Right and Left
- Supine Twist to Right
- Supine Twist to Left
- Savasana

Day 2

Workout

4 rounds:

- 10 Swings
- 1 Sit Up to Straddle
- 15 Swings
- 2 Sit Up to Straddle
- 25 Swings
- 3 Sit Up to Straddle
- 50 Swings
- *Rest

*After each round of 10, 15 and 25 reps, rest as needed listening to your body, from 30–60 seconds.

*After each your set of 50 swings, please rest as needed up to 3 minutes

Yoga

- 5x Sun Salutation C Series
- 5x Downward Dog to Upward Dog
- Downward Dog
- Crescent Lunge on Left Leg
- 5x Goddess Squat
- Wide Legged Standing Forward Bend Arms Clasped
- Downward Dog
- Crescent Lunge on Right Leg
- 5x Goddess Squat
- Wide Legged Standing Forward Fingers Gripping Toes
- Downward Dog
- Yogi Squat
- Yogi Squat Twist to Right
- Shoulder Release with Standing Forward Bend
- Yogi Squat Twist to Left
- Standing Forward Bend with Fingers Gripping Toes
- Vinyasa
- Crescent Lunge on Right Leg With Twist
- Lizard Pose
- Reach Back to Quad Stretch
- Vinyasa
- Crescent Lunge on Right Leg With Twist

- Lizard Pose
- Reach Back to Quad Stretch
- Child's Pose with Shoulder Release to Right and Left
- Hero's Pose
- Camel Pose x3
- Bridge Pose
- Happy Baby
- Wide Legged Stretch
- Supine Pigeon on Right
- Happy Baby
- Wide Legged Stretch
- Supine Pigeon on Right
- Gentle Twist to Right and Left
- Savasana

Week 10

Day 1

Workout

4 rounds:

- 10 Swings
- 1 Knees To Elbow
- 15 Swings
- 2 Knees To Elbow
- 25 Swings
- 3 Knees To Elbow
- 50 Swings
- *Rest

*After each round of 10, 15 and 25 reps, rest as needed listening to your body, from 30–60 seconds.

*After each your set of 50 swings, please rest as needed up to 3 minutes

Yoga

- 5x Sun Salutation C Series
- 5x Downward Dog to Upward Dog
- Downward Dog
- Crescent Lunge on Left Leg
- 5x Goddess Squat
- Wide Legged Standing Forward Bend Arms Clasped
- Downward Dog
- Crescent Lunge on Right Leg
- 5x Goddess Squat
- Wide Legged Standing Forward Fingers Gripping Toes
- Downward Dog
- Yogi Squat
- Yogi Squat Twist to Right
- Shoulder Release with Standing Forward Bend
- Yogi Squat Twist to Left
- Standing Forward Bend with Fingers Gripping Toes
- Vinyasa
- Crescent Lunge on Right Leg With Twist
- Lizard Pose
- Reach Back to Quad Stretch
- Vinyasa
- Crescent Lunge on Right Leg With Twist
- Lizard Pose
- Reach Back to Quad Stretch
- Child's Pose with Shoulder Release to Right and Left
- Hero's Pose
- Camel Pose x3
- Bridge Pose
- Happy Baby
- Wide Legged Stretch
- Supine Pigeon on Right
- Happy Baby
- Wide Legged Stretch
- Supine Pigeon on Right
- Gentle Twist to Right and Left
- Savasana

Day 2

Workout

4 rounds:

- 10 Swings
- 2 Kimura Sit Up
- 15 Swings
- 4 Kimura Sit Up
- 25 Swings
- 6 Kimura Sit Up
- 50 Swings
- *Rest

*After each round of 10, 15 and 25 reps, rest as needed listening to your body, from 30–60 seconds.

*After each your set of 50 swings, please rest as needed up to 3 minutes

Yoga

- 10x Cat/Cow
- 2x Salutation A Series
- 2x Sun Salutation B Series
- Child's Pose
- Downward Dog *hold 10 breaths
- Vinyasa
- Right Side
- High lunge
- Warrior I– Warrior 2 – Warrior 3
- Revolved Balancing Half Moon
- Standing Splits
- Vinyasa
- Repeat on Left Side
- High lunge
- Warrior I– Warrior 2– Warrior 3
- Revolved Balancing Half Moon
- Standing splits

- Vinyasa
- Child's pose
- Seated Twist to Right and Left
- Leg's up The Wall Pose
- Savasana

Week 11

Day 1

Workout

4 rounds:

- 10 Swings
- 1 Toes to Bar
- 15 Swings
- 2 Toes to Bar
- 25 Swings
- 3 Toes to Bar
- 50 Swings
- *Rest

*After each round of 10, 15 and 25 reps, rest as needed listening to your body, from 30–60 seconds.

*After each your set of 50 swings, please rest as needed up to 3 minutes

Yoga

- 10x Cat/Cow
- 2x Salutation A Series
- 2x Sun Salutation B Series
- Child's Pose
- Downward Dog *hold 10 breaths
- Vinyasa
- Right Side
- High lunge
- Warrior I– Warrior 2 – Warrior 3

- Revolved Balancing Half Moon
- Standing Splits
- Vinyasa
- Repeat on Left Side
- High lunge
- Warrior I– Warrior 2– Warrior 3
- Revolved Balancing Half Moon
- Standing splits
- Vinyasa
- Child's pose
- Seated Twist to Right and Left
- Leg's up The Wall Pose
- Savasana

Day 2

Workout

4 rounds:

- 10 Swings
- 1 Prisoner Sit Up
- 15 Swings
- 2 Prisoner Sit Up
- 25 Swings
- 3 Prisoner Sit Up
- 50 Swings
- *Rest

*After each round of 10, 15 and 25 reps, rest as needed listening to your body, from 30–60 seconds.

*After each your set of 50 swings, please rest as needed up to 3 minutes

Yoga

- Child's Pose

- 10x Cat/Cow
- Gate Pose Right Side
- Vinyasa
- Gate Pose Left Side
- Vinyasa
- Right Knee to Chest – to Right Side – to Left Side
- Vinyasa
- Fallen Triangle Right Side
- Single Leg Pigeon Right Side
- Double Pigeon Right Side
- King Pigeon Left Side
- Vinyasa
- Left Knee to Chest – to Right Side – to Left Side
- Fallen Triangle Left Side
- Single Leg Pigeon Left Side
- Double Pigeon Left Side
- King Pigeon Left Side
- Forearm Plank Hold * 20 Breaths
- Child's Pose
- Dolphin
- Child's Pose with Neck Release

Week 12

Day 1

Workout

4 rounds:

- 10 Swings
- 1 Bodyweight Get Up
- 15 Swings
- 2 Bodyweight Get Up
- 25 Swings
- 3 Bodyweight Get Up
- 50 Swings
- *Rest

*After each round of 10, 15 and 25 reps, rest as needed listening to your body, from 30–60 seconds.

*After each your set of 50 swings, please rest as needed up to 3 minutes

Yoga

- Child's Pose
- Sphinx Pose
- Cobra
- Upward Facing Dog
- Downward Dog
- Child's Pose
- Sphinx Pose
- Cobra
- Upward Facing Dog
- Downward Dog
- 5x Sun Salutation A Series
- 3 x Each Side
- Right Side
- Runner's Lunge
- Warrior II
- Reverse Warrior and Extended Side Angle
- Vinyasa
- Repeat on Left Side
- Right Side
- Runner's Lunge
- Warrior II
- Reverse Warrior and Extended Side Angle
- Vinyasa
- Standing Forward Fold
- Yogi Squat
- Standing Forward Fold with Shoulder Release
- Vinyasa
- Right Side
- Triangle
- Lizard Pose
- Vinyasa

- Left Side
- Triangle
- Lizard Pose
- Slow Vinyasa
- Single Pigeon Right Side 3 Minutes
- Slow Vinyasa
- Single Pigeon Left Side 3 Minutes
- Wide Legged Forward Bend
- Seated Twist
- Seated Meditation

Day 2

Workout

4 rounds:

- 10 Swings
- 1 Bodyweight Straight Leg Raise
- 15 Swings
- 2 Bodyweight Straight Leg Raise
- 25 Swings
- 3 Bodyweight Straight Leg Raise
- 50 Swings
- *Rest

*After each round of 10, 15 and 25 reps, rest as needed listening to your body, from 30–60 seconds.

*After each your set of 50 swings, please rest as needed up to 3 minutes

Yoga

- Child's Pose
- 5x Sun Salutation B Series
- 3x Boat to ½ Boat
- Vinyasa

- Right Side
- Warrior I
- Warrior II
- Reverse Warrior
- Triangle
- Extended Side Angle
- Bird of Paradise
- Vinyasa
- 3x Boat to ½ Boat
- Vinyasa
- Left Side
- Warrior I
- Warrior II
- Reverse Warrior
- Triangle
- Extended Side Angle
- Bird of Paradise
- Vinyasa
- Flip Dog on Right Side
- Splits on Right Side *1–2 Minutes
- Downward Dog
- Flip Dog on Left Side
- Splits on Left Side *1–2 Minutes
- Downward Dog with a Twist to Right and Left
- Supine Twist to Right
- Supine Twist to Left
- Savasana