

## **Ready to Sweat Yoga Workouts – Cycle 4**

**12 weeks, 2 workouts with yoga per week plus one meditation session each week**

**Ready to sweat Yoga workouts are rigorous yoga classes that will have you moving, getting strong and sweating. The yoga workouts will incorporate kettlebells, yoga and much more. Day 1 will be a full workout with a full yoga class. Day 2 will be a full workout with a shorter yoga class. Day 3 will be a rest day with Meditation.**

**\*Equipment needed: kettlebell, pull up bar and yoga mat**

**\*Hold All Yoga Poses 5 Breaths Unless Otherwise Indicated**

**\*Female Kettlebell Guidelines**

**Beginner 12kg for Heavy Swing and 8kg 1 arm Swing**

**Intermediate 16 or 20kg Heavy Swing, 12kg 1 arm Swing**

**Elite/ Advanced 24, 28, or 32kg for Heavy Swing and 16kg 1 arm Swing**

### **Week 1**

#### **Day 1**

#### **Workout**

10 Swings

1 Clean and Press

15 Swings

2 Clean and Press

25 Swings

3 Clean and Press

50 Swings

Rest 1 Minute

Repeat 4x

## 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 Clapsed

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 1**

### **Day 2**

#### **Workout**

10 Swings

2 Push Ups

15 Swings

4 Push Ups

25 Swings

6 Push Ups

50 Swings

Rest 1 Minute

Repeat 4x

#### **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 3 – [Gratitude Meditation](#)

**Week 2**

**Day 1**

**Workout**

10 Swings

1 Goblet Squat

15 Swings

2 Goblet Squat

25 Swings

3 Goblet Squats

50 Swings

Rest 1 Minute

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

## **Week 2**

### **Day 2**

#### **Workout**

10 Swings

1 Pull Up

15 Swings

2 Pull Ups

25 Swings

3 Pull Ups

50 Swings

Rest 1 Minute

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

Day 3 – [Intent Meditation](#)

**Week 3**

**Day 1**

**Workout**

10 Swings

1 Pistol \*Pistol Progression or Bulgarian Split Squat if unable to do pistols

15 Swings

2 Pistols

25 Swings

3 Pistols

50 Swings

Rest 1 Minute

Repeat 4x

## **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

**Week 3**

## **Day 2**

### **Workout**

10 Swings

1 Press

15 Swings

2 Press

25 Swings

3 Press

50 Swings

Rest 1 Minute

Repeat 4x

### **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 3 – [Meditation on Service to Others](#)

## **Week 4**

### **Day 1**

#### **Workout**

10 Swings

1 Clean and Press

15 Swings

2 Clean and Press

25 Swings

3 Clean and Press

50 Swings

Rest 30-60 seconds; repeat 4 more times.

## **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 4**

#### **Day 2**

#### **Workout**

10 Swings

2 Push Ups

15 Swings

4 Push Ups

25 Swings

6 Push Ups

50 Swings

Rest 1 Minute

Repeat 4x

## **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 3 – [5 Minute Meditation](#)

## **Week 5**

### **Day 1**

#### **Workout**

10 Swings

1 Goblet Squat

15 Swings

2 Goblet Squat

25 Swings

3 Goblet Squats

50 Swings

Rest 1 Minute

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

## **Week 5**

### **Day 2**

#### **Workout**

10 Swings

1 Pull Up

15 Swings

2 Pull Ups

25 Swings

3 Pull Ups

50 Swings



Rest 1 Minute

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

Day 3 – [The Power of Optimism Meditation](#)

**Week 6**

**Day 1**

**Workout**

10 Swings

1 Pistol \*Pistol Progression or Bulgarian Split Squat if unable to do pistols

15 Swings

2 Pistols

25 Swings

3 Pistols

50 Swings

Rest 1 Minute

Repeat 4x

**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

## **Week 6**

### **Day 2**

#### **Workout**

10 Swings

1 Press

15 Swings

2 Press

25 Swings

3 Press

50 Swings

Rest 1 Minute

Repeat 4x

#### **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 3 – [Intent Meditation](#)

**Week 7**

**Day 1**

**Workout**

10 Swings

1 Clean and Press

15 Swings

2 Clean and Press

25 Swings

3 Clean and Press

50 Swings

Rest 30-60 seconds; repeat 4 more times.

## **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 7**

**Day 2**

**Workout**

10 Swings

2 Push Ups

15 Swings

4 Push Ups

25 Swings

6 Push Ups

50 Swings

Rest 1 Minute

Repeat 4x

## **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 3 – [Easy Meditation Practice](#)

## **Week 8**

### **Day 1**

#### **Workout**

10 Swings

1 Goblet Squat

15 Swings

2 Goblet Squat

25 Swings

3 Goblet Squats

50 Swings

Rest 1 Minute

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

**Week 8**

**Day 2**

**Workout**

10 Swings

1 Pull Up

15 Swings

2 Pull Ups

25 Swings

3 Pull Ups

50 Swings

Rest 1 Minute

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

Day 3 – [Breakthrough Meditation Part 1](#)

## **Week 9**

### **Day 1**

#### **Workout**

10 Swings

1 Pistol \*Pistol Progression or Bulgarian Split Squat if unable to do pistols

15 Swings

2 Pistols

25 Swings

3 Pistols

50 Swings

Rest 1 Minute

Repeat 4x

#### **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 9**

### **Day 2**

#### **Workout**

10 Swings

1 Press

15 Swings

2 Press

25 Swings

3 Press

50 Swings

Rest 1 Minute

Repeat 4x

#### **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 3 – [Breakthrough Meditation Part 2](#)

**Week 10**

## **Day 1**

### **Workout**

10 Swings

1 Clean and Press

15 Swings

2 Clean and Press

25 Swings

3 Clean and Press

50 Swings

Rest 1 Minute

Repeat 4x

### **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 2**

**Workout**

10 Swings

2 Push Ups

15 Swings

4 Push Ups

25 Swings

6 Push Ups

50 Swings

Rest 1 Minute

Repeat 4x

## **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 3 – [Balance Mediation](#)

## **Week 11**

### **Day 1**

#### **Workout**

10 Swings

1 Goblet Squat

15 Swings

2 Goblet Squat

25 Swings

3 Goblet Squats

50 Swings

Rest 1 Minute

Repeat 4x

#### **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 2**

#### **Workout**

10 Swings

1 Pull Up

15 Swings

2 Pull Ups

25 Swings

3 Pull Ups

50 Swings

Rest 1 Minute

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

Day 3 – [Ocean Meditation](#)

## **Week 12**

### **Day 1**

#### **Workout**

10 Swings

1 Pistol \*Pistol Progression or Bulgarian Split Squat if unable to do pistols

15 Swings

2 Pistols

25 Swings

3 Pistols

50 Swings

Rest 1 Minute

Repeat 4x

#### **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

## **Week 12**

### **Day 2**

#### **Workout**

10 Swings

1 Press

15 Swings

2 Press

25 Swings

3 Press

50 Swings

Rest 1 Minute

Repeat 4x

#### **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 3 – [Creating Joy Meditation](#)