

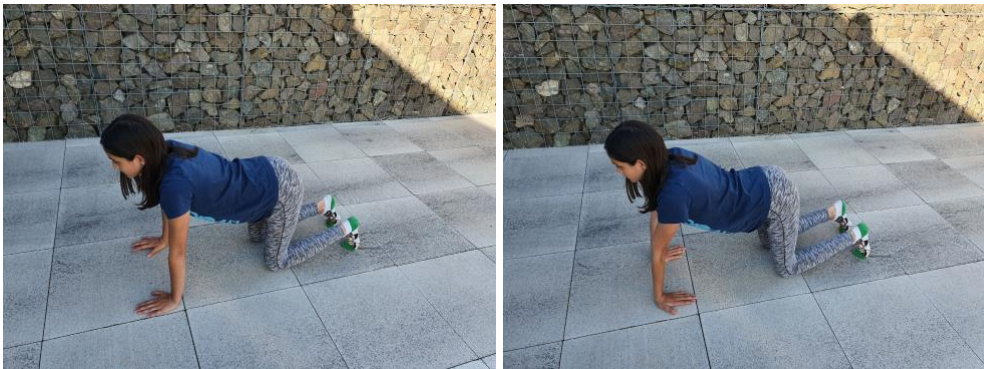
YOGA routine

_ this yoga routine is designed for climbers {warmup}

This yoga routine will help you increase your:

- stability
- flexibility
- core stability
- balance
- prevents injury
- stay calm

Cat position- stay in the cat position for 5 breaths then turn your hands 180 degrees and stay like that for 5 breaths.



Child pose- stay in the pose for 10 breaths, sit on your legs and lay on your belly.



Move to the cat pose Again stay there for 5 breaths



Downward facing dog - stay in the pose for 5 breaths. If you can't reach the ground with your feet you can paddle them out.



Front elbow bend- you stand straight and bend forward, grab your elbows and stay for 5 breaths you can swing side to side for a deeper bend.



Downward facing dog- stay in the pose for 5 breaths. If you can't reach the ground with your feet you can paddle them out.



Flat back position-stand straight, bend forward but your back needs to be straight And your hands need to be forward. Stay there for 5 breaths.



Tree pose- stand straight, put one knee to your hamstring, rech your hands up And stay in the pose for 10 breaths.



Pushup position- go to the plant And stay there for 5 breaths.



Cobra / baby cobra- lay on your belly but put your hands on the ground And push the top half of your body up. Stay there for 10 breaths.



Downward facing dog- stay in the pose for 5 breaths. If you can't reach the ground with your feet you can paddle them out.



Pitcher pose- you do the splits but your front leg is in 90 degrees, then you lay down on your leg And stay in the pose for 5 breaths.



Warrior no.1- stand wide facing the front, pivot your leg And raise your hands straight, look in the direction of your front hand, stay there for 5 breaths.



Pushup position- go to the plant And stay there for 5 breaths.



Crow pose with a kickback- you do the crow pose and then kick your legs back to the plank or for a harder version to the low plank.



Side plank- you do the plank but on the side. Stay in the pose for 5 long deep breaths



Chair pose- you lean against the wall but your knees have to be in a 90 degree angle. You stay there for 10 breaths. Raise your arms forward.



Candle pose- you lay on your back And raise your legs up with your hands you support your lower back with your arms. Stay there for 5 deep breaths.



Child pose- stay in the pose for 10 breaths, sit on your legs And lay on your belly.



Resting star pose- You just lay on the ground breathing for 2 minutes in the star shape.

