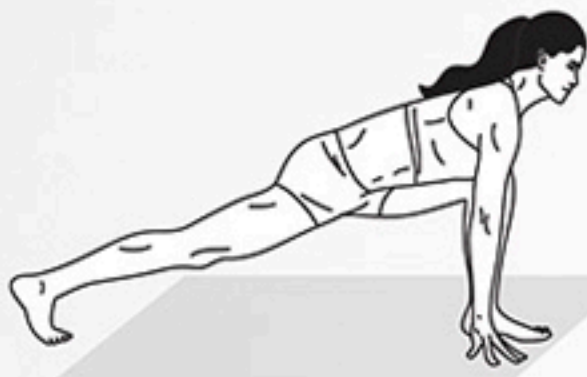




LEVEL 1 // 2 SETS
LEVEL 2 // 4 SETS
LEVEL 3 // 7 SETS

RUNNERS **YOGA** CIRCUIT

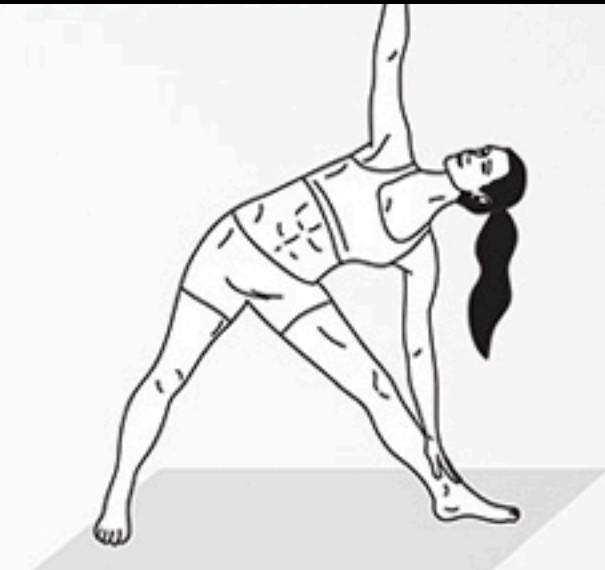
2 MINUTES REST



40sec runner's lunge



40sec crescent lunge



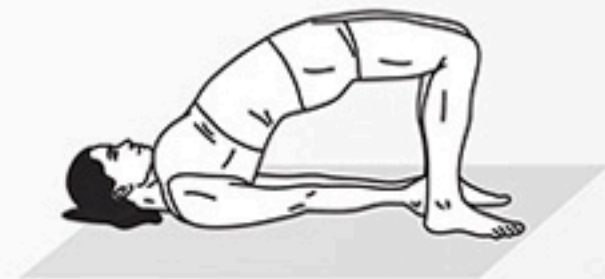
40sec triangle pose



20sec dolphin pose



20sec camel pose



20sec bridge pose



20sec hollow hold



20sec forward bend



40sec supine twist