

Workout Of The
Week #3



January
22 - 28

Winter Warrior Challenge

Beginner Yoga Stretching Routine

Complete the routine below and on the other side of this page.
Use this as a warm-up before your workout or as your cool down.

**Start in a Seated Position.
Side 1.**

Equipment Needed:



Yoga Mat

1. Inhale & reach up



2. Exhale & twist to the left. Stay for 3 - 5 breaths.



3. Inhale & reach up



4. Exhale & twist to the right. Stay for 3 - 5 breaths.



5. Inhale & reach up



6. Exhale & reach right. Stay for 3 - 5 breaths.



7. Inhale & reach up



8. Exhale & reach left. Stay for 3 - 5 breaths.



9. Inhale & reach up



10. Exhale & reach towards your toes. Hold this position for 3 - 5 breaths.



11. Flip to your hands & knees. Extend right leg & left arm. Hold for 1 breath.



12. Switch leg/arm. Repeat #11 & #12 two more times.



Flip to other side. -->



Visit the City of Leduc YouTube Channel
to watch this workout video.



DO
your
THING.

Winter Warrior Challenge

Beginner Yoga Stretching Routine

Complete Side 1 (other side) before starting your stretching routine below.
Use this stretching routine as a warm-up before your workout or as your cool down.

Side 2.

Relax, breath, and enjoy taking time for yourself.

13. Childs pose.
Stay for 3 - 5 breaths.



14. Exhale & lay with face towards ground. Place palms down beside chest.



15. Inhale & extend chest forward. Stay for 1 breath.



16. Exhale & lay with face towards ground. Place palms down beside chest.



17. Inhale & extend chest forward and lift legs off the ground. Stay for 2 - 3 breaths.



18. Lower to tummy then roll slowly to your back. Hug knees to chest for 3 - 5 breaths.



19. Bend left knee & extend right leg straight up. Flex foot. Stay for 3 - 5 breaths.



20. Switch legs & repeat.



21. Hug knees to chest. Lift nose to knees. Stay for 3 breaths.



22. Lay flat on back with eyes closed & palms up. Stay for 2 - 5 minutes.



Feel free to repeat if you like. Namaste.



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