

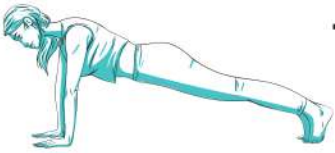
YOGA ROUTINE

for STRONG ARMS

yogarove.com

Hold each pose for 5 breaths. Repeat x4.

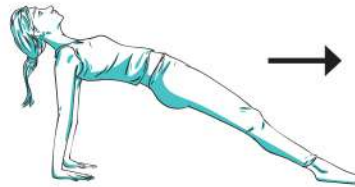
1 Plank



2 Side Plank (right)



3 Reverse Plank



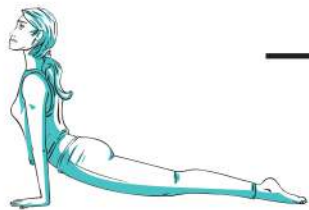
4 Side Plank (left)



5 Chaturanga



6 Upward Dog



7 Downward Dog



8 Wild Thing



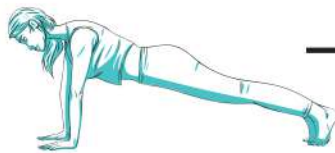
9 Downward Dog



10 Warrior II



11 Plank



12 Savasana

