

YOGA ROUTINE

for GLUTES + LEGS

yogarove.com

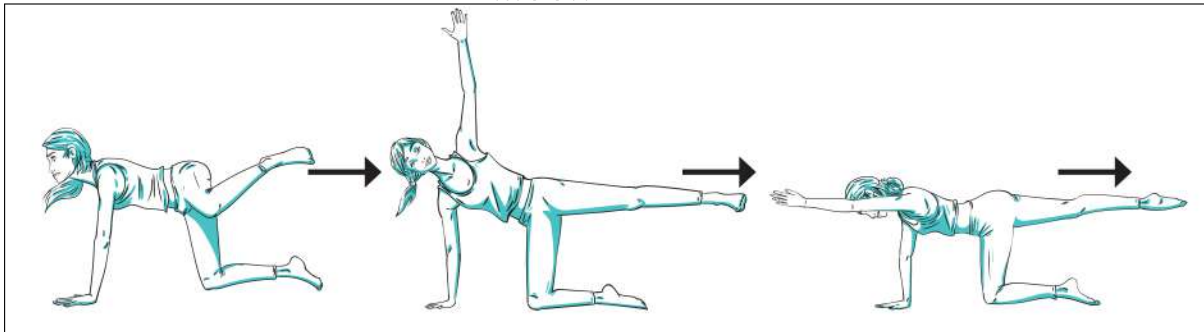
Hold each pose for 4-6 breaths. Repeat steps 1-11 on the other side before moving to step 12.

1 Fire Hydrant Kick

2 Kneeling Half Moon

3 Bird Dog

4 Three Legged Dog



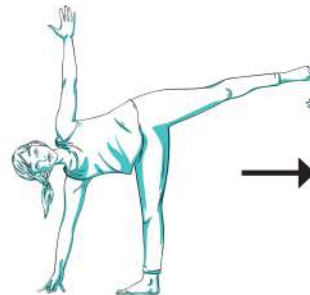
○ repeat x3

5 High Lunge

6 Warrior II

7 Half Moon

8 Warrior III



9 Chair

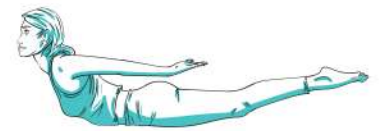
10 Diver

11 Standing Fold

12 Locust



○ repeat x3



13 Bridge

14 One Legged Bridge

15 Savasana

