

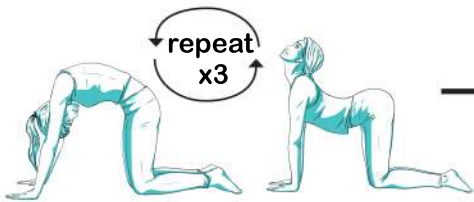
YOGA ROUTINE

for TIGHT QUADS

yogarove.com

Hold each pose 3-5 breaths. Repeat poses 2-8 on the other side before moving to pose 9.

1 Cat-Cow



2 Down Dog



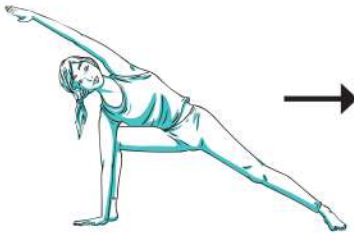
3 Crescent



4 High Lunge



5 Side Angle



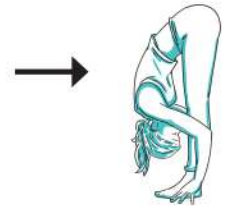
6 Half Moon



7 Sugarcane



8 Standing Fold



9 Plank

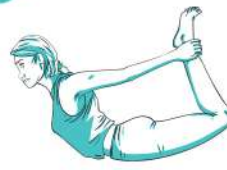


10 Cobra



repeat x2

11 Bow



12 Child's Pose



13 Hero



14 Camel



15 Child's Pose

