

# Advanced Yoga Flow -

hold each pose for 30s  
Repeat each move 2 times

1. Three leg Plank - (L) (31.) Maintain
2. " " " - (R) Climb x3
3. leg across opp side (L) Variat
4. leg across " " (R)
5. ~~Horizontal~~ Spiderman
6. leg lunge Abdominal Twist (L)
7. " " " " (R)
8. Frozen Spiderman (L)
9. Spiderman lunge (R) - up & down 5x
10. " " " " (L) - " " " "
11. Planks dips or Military Planks.
12. Jump to chair Pose.
13. " " Chair Pose - lower more Adv
14. Forearm Plank Spiderman (L)
15. " " " " (R)
16. Screen Door Plank (L) 89
17. " " " " (R) 84
18. lunge tugs (L)
19. " " " " (R)
20. Side Plank II - stand Rotations (2)
21. " " Knee Balance " (2 times)
22. " " Arm Reach Rotations (2 times)
23. lunge to Warrior (R)
24. " " " " (L)
25. Vinyasa Flow (3 times variation)
26. Plank dips or military Plank
27. Frozen Spiderman Pushup (R)
28. " " " " (L)
29. lunge outside the mat touches (L)
30. " " " " (R)