This week’s goal: Do each exercise as instructed. This can be done every day as a stretch.
Go to this link to follow along with the workout video: Yoga Flow
Add a daily 20-30 minute brisk walk for cardio, and any 3 non-consecutive days strength training.

Check off your daily progress below: W = Workout  C = Cardio  S = Stretch

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<th>Monday</th>
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As with any exercise program, there is always the possibility of injury. Consult with your physician before beginning any exercise program. You should be in good physical condition and be able to participate in an exercise program. If you need modifications for any exercise, please consult your WELCOAZ Health Coach.

By participating in this workout, you agree that you are exercising on your own time and do not hold WELCOAZ or your employer responsible.

Warm Up

1. Seated Side Bend

Seated on the floor with your legs crossed. Place your right palm on the floor, near your right hip. As you inhale, raise your left arm out to the side and up above your head beside your left ear. As you exhale, slide your right hand across the floor out to the right, letting your torso, head, and left arm follow as you bend to the right. Hold this position for 20 seconds. Repeat on the other side.

2. Cow Cat Pose

Move to your hands and knees. Knees should be about hip distance apart and hands inline with your shoulders. Exhale and tilt your tailbone forward, let your belly drop, and look up. Inhale as you arch your back bringing your belly button in and looking down at your mat. Continue this motion a few times. Breathe through each movement.

Yoga Flow – Move from the end of one stretch into the beginning of the next.

1. Downward-Facing Dog

From hands and knees, exhale as you tuck your toes and lift your knees off the floor. Gently begin to straighten your legs, but do not lock your knees. Bring your body into the shape of an "A." Press the floor away from you as you lift through your pelvis. Now press down equally through your heels and the palms of your hands. Breathe and hold for 30 seconds.

2. Up Dog/Cobra

Come down to your mat in plank position. Lower to the mat with head slightly lifted and hands positioned directly under shoulders. Point your toes so the tops of your feet are on the mat. As you exhale, press through your hands and the tops of your feet raising your body and legs up off the ground until arms are straight. Breathe and hold for 30 seconds.

3. Standing Side Bend

Come back to Downward-Facing Dog. Hop or step to the top of your mat and slowly stand. Stand tall with feet and legs together and reach both arms straight up overhead as you inhale. Lower your right arm down the right side of your body and exhale as you lengthen the left arm over the head, bending body gently to the right. Hold for 30 seconds. Inhale to return arms overhead to center and exhale as you repeat on the left side.
### 4. Forward Fold

Exhale as you bend forward at the hips, lengthening the front of your torso. Bend your elbows and hold on to each elbow with the opposite hand. Let the crown of your head hang down. Do not lock your knees. If you can keep the front of your torso long and your knees straight, place your palms or fingertips on the floor beside your feet. Bring your fingertips in line with your toes and press your palms on the mat. Hold for 30 seconds. Step your feet back into Downward-Facing Dog.

### 5. Warrior 1 & 2 Flow – Right Side

> As you exhale, step your right foot forward, between your hands. Lower your left knee to the floor, sliding the foot back until you feel a nice stretch in the left hip and thigh. Keep the hips low and level with each other and your fingertips on the floor. For a deeper stretch, bring your palms up the your right thigh. Hold for 30 seconds and breathe.

> As you exhale, lift your knee off the mat coming into a full lunge. Let your left foot rotate slightly outwards pressing down through the outer edge of your back foot. Check to ensure that your heels are aligned with each other. Take a deep breath and stretch your arms up overhead. Hold here for 30 seconds continuing to breathe.

> Exhale and adjust your back foot so it is parallel to your mat behind you. Lower your arms to the side to shoulder height, so they're parallel to the floor. Your arms should be aligned directly over your legs. On an exhalation, bend your front knee. Align your knee directly over the ankle of your front foot. Sink your hips low, eventually bringing your front thigh parallel to the floor. Turn your head to gaze out across the tip of your right middle finger. Hold for 30 seconds.

### 6. Warrior 1 & 2 Flow – Left Side

> Drop your right hand to outside of your right foot and as you lower your left hand down to the leftside, turn your back foot to the balls of your feet. Step your feet back and move into Downward-Facing Dog.

> As you exhale, step your left foot forward, between your hands. Lower your right knee to the floor, sliding the foot back until you feel a nice stretch in the right hip and thigh. Keep the hips low and level with each other and your fingertips on the floor. For a deeper stretch, bring your palms up the your left thigh. Hold for 30 seconds and breathe.

> As you exhale, lift your knee off the mat coming into a full lunge. Let your right foot rotate slightly outwards pressing down through the outer edge of your back foot. Check to ensure that your heels are aligned with each other. Take a deep breath and stretch your arms up overhead. Hold here for 30 seconds continuing to breathe.

> Exhale and adjust your back foot so it is parallel to your mat behind you. Lower your arms to the side to shoulder height, so they're parallel to the floor. Your arms should be aligned directly over your legs. On an exhalation, bend your front knee. Align your knee directly over the ankle of your front foot. Sink your hips low, eventually bringing your front thigh parallel to the floor. Turn your head to gaze out across the tip of your right middle finger. Hold for 30 seconds. Inhale as you press down through your back foot and straighten your front leg. Lower your arms.

### 7. Yogi Squat

Drop your left hand to outside of your left foot and as you lower your right hand down to the rightside, turn your back foot to the balls of your feet. Step your feet back and move into Downward-Facing Dog. Hop or step to the top of your mat and slowly come into a forward fold. Walk your feet out the outside of your hands. Turn your heels inward keeping your feet at a 45° angel. Lower your hips to the ground with your hands on the floor with your tailbone between ankles and hands. You may bring your hands in front of your chest for a deeper stretch. Breathe and hold for 30 seconds. Slowly stand into a forward fold.
## Cool Down & Stretch

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<td><img src="image1" alt="Reclined Pigeon Pose" /></td>
<td><img src="image2" alt="Spinal Twist" /></td>
<td><img src="image3" alt="Happy Baby" /></td>
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1. **Reclined Pigeon Pose**

   Slowly make your way down to your mat lying on your back with your knees bent and feet flat on the floor. Make a figure four with the legs by crossing the right ankle over the top of the right knee. Flex the right toes and lift the left foot off the ground. Thread the right arm through the opening of the legs and bring the left arm to the outside of the left leg. Clasp either the left shin or hamstring with both hands. The back and head remain flat on the mat. Draw the left shin in towards the body as you press the right knee away from you. Breathe and hold for 30 seconds. Release the clasp and bring both feet to the your mat. Repeat on the opposite side.

2. **Spinal Twist**

   Gently lower your knees to the left side of your body and place on the floor. Gaze right, breathe, and hold for 30 seconds. Engage your abdominals and slowly pull your knees back to the start position. Gently lower your knees to the right side of your body and place on the floor. Gaze left, breathe, and hold for 30 seconds.

3. **Happy Baby**

   Come back to center on your back and grab your big toes with your index and middle fingers. Gently draw toes down so knees pull toward shoulders. Keep elbows gently pressing knees open. Relax, breathe, and hold for 30 seconds.

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Go to this link to follow along with the workout video: [Yoga Flow](#)

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