

Yoga for after Weight Training or Conditioning

This sequence has been designed to work with a body that is already warm from exercise. If you decide to perform it on its own please do 3-5 sun salutations first. Keep the breath full and strong as this helps to stretch out the body.

ESSENTIAL POSES

1



Balasana

Starting with a resting position. Softening the muscles in the back, abdominals, neck and shoulders. Really allow the spine to round. Focusing on seating back on the heels more than the head touching the mat, you can always rest your head on your fists.

2



Cat / Cow

Starting in all fours, inhale to arch the back into cow, taking the tail bone up, sliding the shoulder blades down that back and looking up. This will stretch out the abdominal muscles. Then exhale and round the back into cat. Do this slowly, using the full range of movement in the back, and focusing on rounding the area between the shoulder blades. Repeat 10-15 times.

3



Adho Mukha Svanasana
Downward-Facing Dog

Push back into an downward facing dog. Aim is to stretch the back after weight training, so bend the knees, push down into the hands and take the hips as far back behind you. Focus on lengthening the spine and then working the heels down to the mat. Hold for 5 - 10 breaths.

RECOMMENDED AFTER AB
WORK, BOXING, RUNNING

4



High Lunge

Step your right foot forward into a high lunge. Focus is stretching the hip flexor (this is getting tight due to your ab work) in the back leg. To achieve it make sure the stance is very long and you are strongly drawing back through the heel and forward through the chest. Hold for 5 breaths.

5



Anjaneyasana
Low Lunge

Place the back knee down. Make sure front knee stays over the ankle (stance hip distance wide) and the back knee is as far back as possible to maximise the stretch. This will deepen the stretch in the back hip flexor. Place hands on mat on the inside of the front leg and fold forward, forearms might also come down (stretching front inside thigh and hip). Hold 3-5 breaths.

6



Adho Mukha Svanasana
Downward-Facing Dog

Return to downward facing dog for 5 breaths.

7



High Lunge

Repeat, left leg forward.

8



Anjaneyasana
Low Lunge

Repeat from points above.

RECOMMENDED AFTER
WEIGHTS, RUNNING & JIU
JITSU

9



MARTY SCODUTO



Adho Mukha Svanasana
Downward-Facing Dog

Return to downward facing dog for 5 breaths. Again feel back stretch as primary. The stretch in the back of the legs is secondary.

10



MARTY SCODUTO



Eka Pada Rajakapotasana
One-Legged King Pigeon Pose

Step the right leg forward into pigeon for 3 breaths. Then bend the back left knee drawing the foot in towards the bum and then reach back and round with the left arm to hold the back foot. Stretching out the hip and inner thigh in the front legs, hip flexor and quad in the back leg. Shoulder opener in the arm that is holding the foot. Hold for 3-5 breaths.

11



MARTY SCODUTO



Adho Mukha Svanasana
Downward-Facing Dog

Transition through downward facing dog.

12



Eka Pada Rajakapotasana
One-Legged King Pigeon Pose

Step the left leg forward into pigeon for 3 breaths.
Then bend the back right knee drawing the foot in towards the bum
and then reach back and round with the right arm to hold the back
foot. Hold for 3-5 breaths.

13



Adho Mukha Svanasana
Downward-Facing Dog

Return to downward racing dog.

RECOMMENDED AFTER
BOXING, RUNNING, &
WEIGHTS

14



High Lunge

Step the right leg forward to transition to the next pose.

15



Prasarita Padottanasana
Wide-Legged Forward Bend

Fold forward over the legs keeping the tummy drawing in and up
and the thighs active. Allow the hips to tip forward placing the
stretch into the middle of the hamstrings and not near tendons.
Hold for 5 breaths.

16



High Lunge

Turn back to the front leg to transition.

17



Adho Mukha Svanasana
Downward-Facing Dog

Step back into downward facing dog and then step or hop through to seated.

**RECOMMENDED DAILY
EVEN MULTIPLES TIMES**

18



Reclining Hamstring Stretch.
Seated Forward Bend

Lying down on your back, hug one knee into your chest. Place some kind of a band, strap etc on the ball of the foot, and extend from the heel. Keep the quadriceps in both legs active. Try a keep the neck and shoulders soft. 10-15 breaths and then repeat on the other side.

**RECOMMENDED AFTER
WEIGHTS & BOXING**

19



Baddha Konasana
Bound Angle Pose

5 or 10 breaths allowing the hips to relax and open without forcing or pushing.

20



Garudasana Arms
Eagle Arms

From seated, cross your right arm over your left, elbows bent to hook the arm in place. Don't worry about getting the palms together, just move the arms up and away to feel a stretch between the shoulder blades. This pose is helpful for relieving pain/tightness in the upper and mid back. Hold for 5 breaths, breathing into the back of the rib cage. Repeat on the other side.

21



Setu Bandhasana

Lie down on your back with your knees bent and feet hip-width apart. Roll the shoulders under and reach the hands towards the feet, keeping the little finger side of the hands on the floor. On the exhalation, raise the buttocks, lifting the sternum towards the chin. Elongate the back of the neck without pushing it into the floor; you want the neck to stretch, not flatten. Interlocking the fingers on the ground under the back helps to roll the shoulder blades under and is an interesting variation. Relax the facial muscles and jaw, breathe deeply, and come down on an exhalation. Hold for 5 breaths and repeat once more.

22



Sukhasana
Easy Pose

To come full circle return to a comfortable seated position and take 5 or 10 full deep yogic breaths.