

STRENGTH FOR YOGA

A One Month Resistance Training Program for Yogis



This program is designed to support you in getting stronger for your practice and stronger in your life. A month of consistent effort is absolutely enough time to see results. To get the most out of your program, try to do workouts A, B and C on non-consecutive days every week. Use resistance that challenges you, but that allows you to maintain good form to target the desired muscle groups.

WORKOUT STRUCTURE

Workouts are composed of two supersets (except workout C) and a Final Set. For each superset, you will perform the two exercises back to back with no rest, then rest for a minute before performing the next set. For the final set, observe the same amount of rest.

EQUIPMENT NEEDED

I have intentionally designed this program to be minimalistic and home fitness friendly. All you need is a resistance band (ideally 3 of varying resistances) and a chair or bench. A kitchen chair without arms will work just fine.

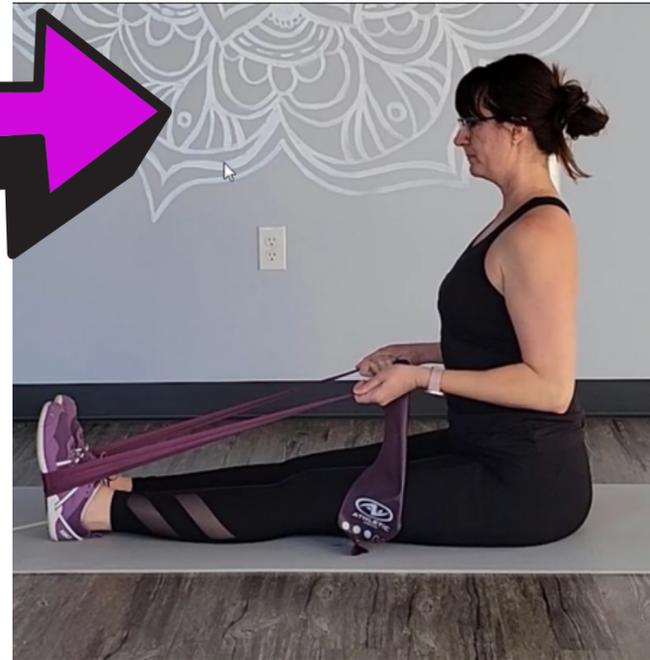
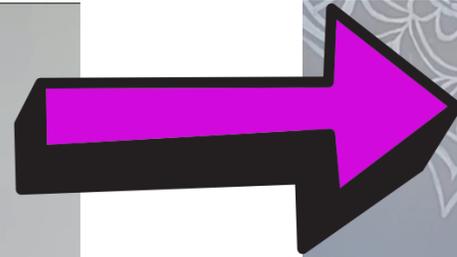
TIME NEEDED

Each workout should take you 30-40 minutes. If your workouts are taking much longer, you are probably resting too much between sets! It's important to keep the intensity up for the allotted time, so set your timer for 60 seconds after each set and hop right in when the time is up.

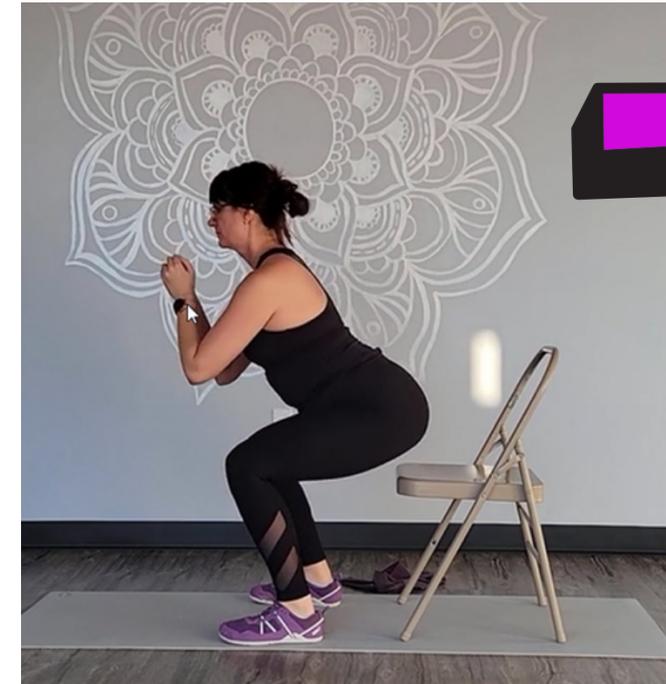
WORKOUT A



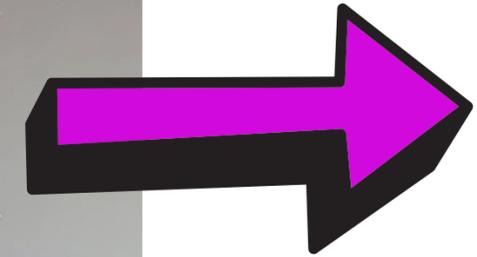
GLUTE BRIDGE
3 SETS OF 10-20



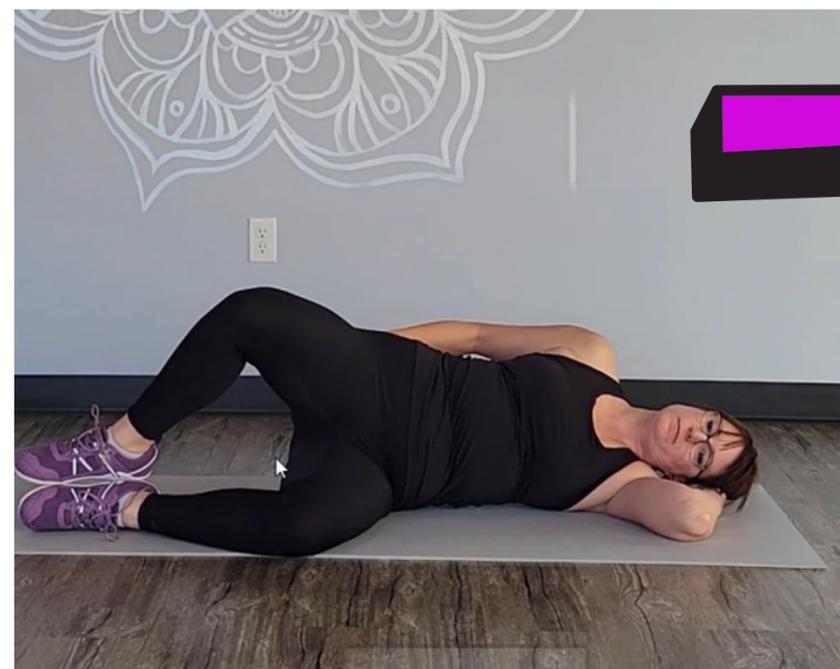
SEATED ROW
3 SETS OF 8-12



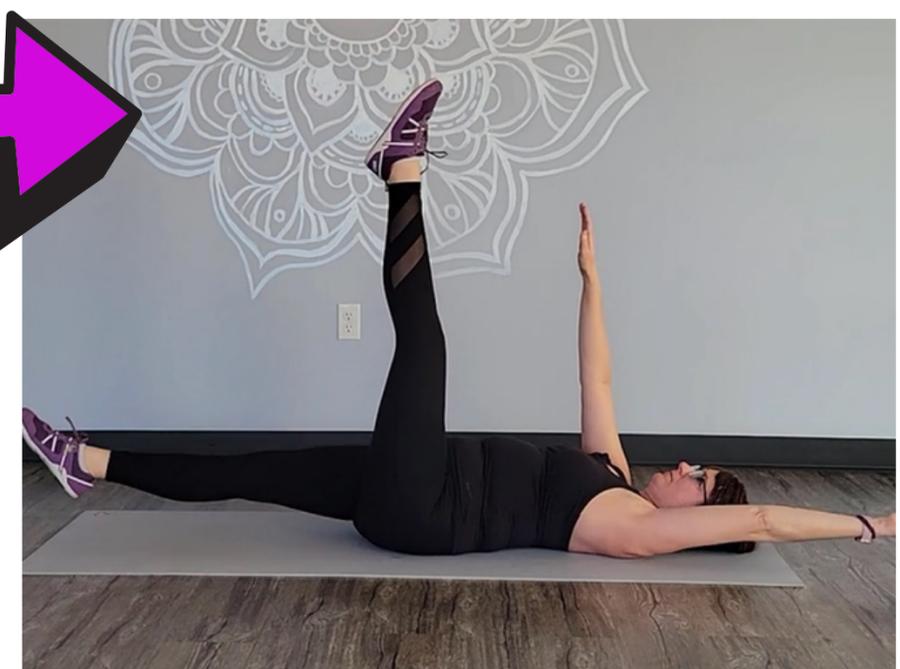
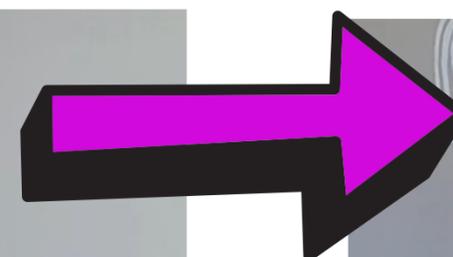
BOX SQUAT
3 SETS OF 10-12



TRICEP DIPS
3 SETS OF 8-12



CLAMSHELL
1 SET OF 15-30 EACH SIDE

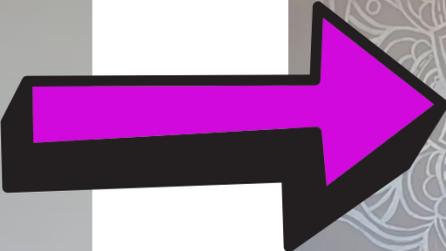


DEAD BUG
1 SET OF 15-30 ALTERNATING

WORKOUT B



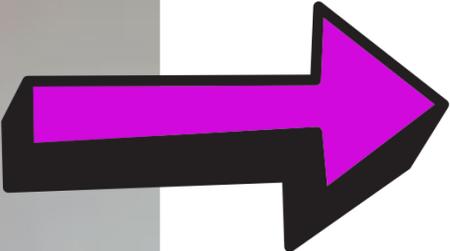
SINGLE LEG GLUTE BRIDGE
3 SETS OF 10-20



LAT PULL WITH RB
3 SETS OF 8-12



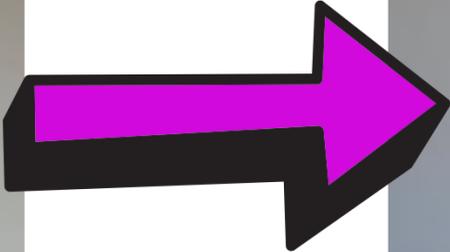
CHAIR LUNGE
3 SETS OF 10-20



TRICEP EXTENSIONS
3 SETS OF 8-12

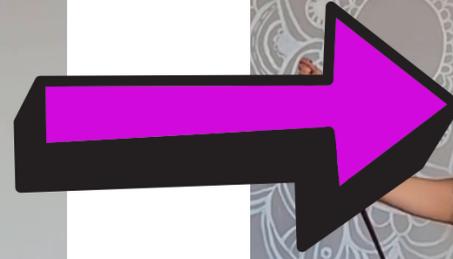


X BAND WALK
1 SET OF 10-20 STEPS EACH DIRECTION



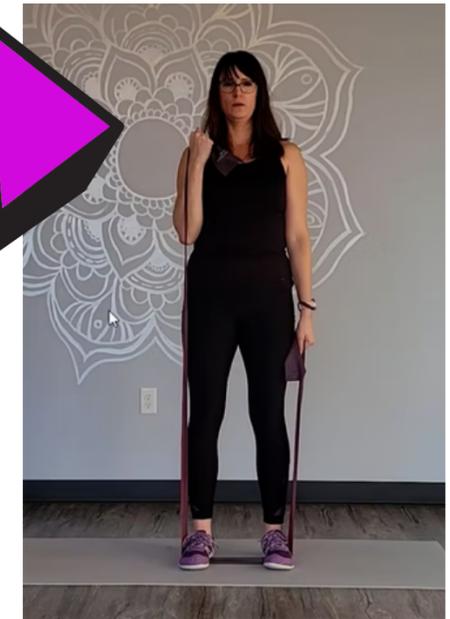
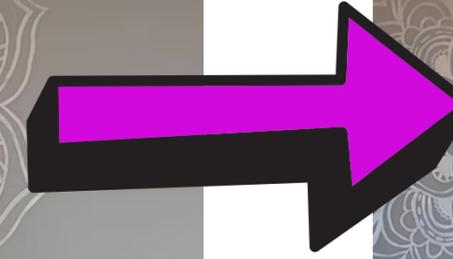
RKC PLANK
1 SET 20-90 SECONDS

WORKOUT C



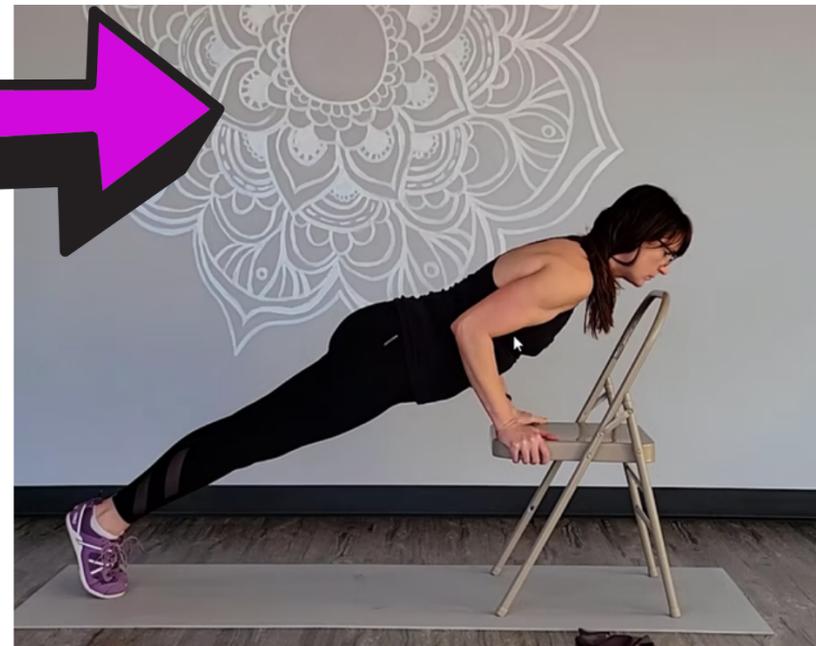
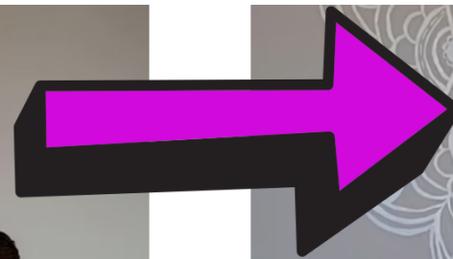
GLUTE MARCH
3 SETS - 60 SECONDS EACH

HALO
3 SETS OF 8-12 BOTH DIRECTIONS



GOBLET SQUAT
3 SETS OF 10-20

ALTERNATING BICEPS CURL
3 SETS OF 8-12



SINGLE LEG RDL
3 SETS OF 10-20

TRICEPS PUSHUP
3 SETS OF 8-12



ABDUCTOR DRILL
1 SET OF 10-30

RKC PLANK
1 SET OF 20-90
SECONDS

