



*the* **ATHLETE'S**  
**POCKET GUIDE** *to* **YOGA**

**50 ROUTINES** *for* FLEXIBILITY, BALANCE & FOCUS

*sage rountree*

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*to* **YOGA**

**50 ROUTINES**  
*for* **FLEXIBILITY,**  
**BALANCE &**  
**FITNESS**

*sage rountree*



Boulder, Colorado

The Athlete's Pocket Guide to Yoga  
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## SPINAL WARM-UP, PRONE

Total time: 5 min.

*Dog*

*Cat*

*Child's pose*

*Lateral child's pose*

*Threading the needle twist*



**Dog (inhale) and cat (exhale)**

10 or more breaths



**Child's pose**

3 breaths



**Lateral child's pose**

5 breaths per side



**Threading the needle twist**

5 breaths per side

**TIP** ▶ The breath guideline is merely a suggestion; hold the poses until you feel even side to side.

## STATIC CORE

Total time: 8 min.

Begin by holding each of the poses for three to five breaths; build to ten over time.

*Plank*

*Side plank*

*Reverse table/reverse plank*

*Boat*



**Plank**

On palms or forearms



**Side plank**

On palms or forearms; both sides



**Reverse table or reverse plank**

**Boat**

**TIP** ▶ Remember mountain alignment in each pose.

## INTERLACED FINGERS SERIES

Total time: 4 min.

Hold each pose for at least five breaths.

*Fingers in front*

*Fingers overhead*

*Side stretch*

*Fingers behind back*

*Hands to side waist*



Fingers in front, cat back



Fingers overhead,  
palms up



Side stretch

Both sides



Fingers behind back



Hands to side waist

Both sides

**TIP** ▶ Perform these stretches sitting, kneeling, or standing.

Turn your head in the last pose to find the best neck stretch for your body.

## LUNGE SERIES

Total time: 10 min.

Move through the sequence first on one side, then the other, holding each pose for at least five breaths.

*Low lunge*

*Balancing low lunge*

*Crescent lunge*

*Quadriceps stretch in lunge*

*Prayer twist from lunge*

*Groin stretch from lunge*

*Runner's lunge*



Low lunge



Balancing low lunge



Crescent lunge



Quadriceps stretch in lunge



Prayer twist from lunge



Groin stretch from lunge

*(continues)*

## LUNGE SERIES *(continued)*



Runner's lunge, toes down



Runner's lunge, toes up

**TIP** ▶ Keep your hips level and square throughout, and make sure your knees and toes face the same direction.