

# FLEXING IN FEBRUARY

Improve your  
strength and stability  
with 29 days  
of yoga



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						1 Full Body Toning 45 min
2 Core Strength Yoga for Abs 10 min	3 Legs & Thighs Workout 20 min	4 Vinyasa Yoga for Core & Balance 35 min	5 Post Workout Cooldown 20 min	6 Flow for Low Body Strength 20 min	7 Strong Yoga Flow Workout 45 min	8 High Intensity Cardio Workout 10 min
9 Iron Yoga with Weights 30 min	10 Obliques Core Yoga 5 min	11 Upper Body Yoga Sculpt 45 min	12 Post Workout Stretch 10 min	13 Energizing Core Yoga 15 min	14 Power Yoga with Weights 35 min	15 Lower Body Yoga Sculpt 45 min
16 HIIT Yoga Workout 10 min	17 Glutes Core Yoga 5 min	18 Strength & Sculpt Yoga 30 min	19 Pre-Workout Yoga Warm Up 20 min	20 Best Poses for Core Strength 15 min	21 Booty Circuit Workout 15 min	22 Core Strength & Flexibility Yoga 60 min
23 Core Strength & Ab Toning 30 min	24 Plank Pose Challenge 10 min	25 Full Body Yoga Toning 30 min	26 Yoga for Sore Muscles 30 min	27 Obliques Side Body Workout 15 min	28 Strength & Stretch 15 min	29 Lower Body Yoga Sculpt 45 min