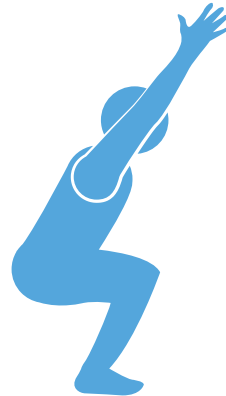


Yoga for Strength Training



Boat Pose

This move is phenomenal for developing core strength, especially abdominal strength.



Chair Pose

This is essentially a squat and will work the quads and glutes in particular.



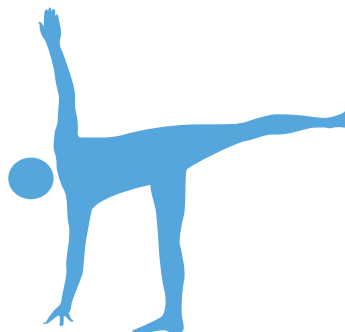
Cobra Pose

This is a small movement but really works some often-overlooked back muscles.



Warrior II Pose

Warrior II works legs, arms, and back muscles.



Half Moon Pose

This one requires serious balance, so it may take some practice.

Adapting Yoga for Strength Training

- Hold poses longer.
- Repeat poses multiple times.
- Add weights while doing poses.
- Do power, or Ashtanga yoga.
- Modify poses for increased strength challenges.