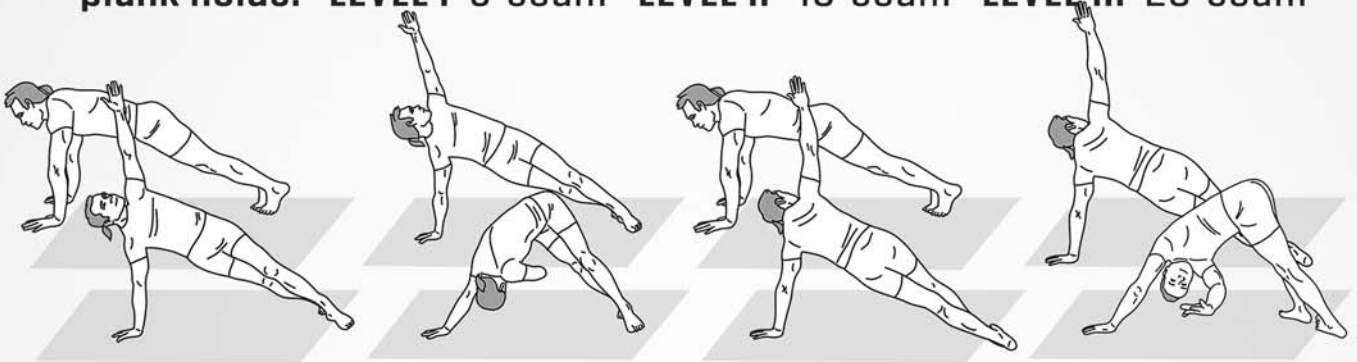


EXPANSE

YOGA WORKOUT by **SPYROS KAPNIAS GARUDANANDA**
for DAREBEE @ darebee.com

LEVEL I 5 reps LEVEL II 10 reps LEVEL III 20 reps each
plank holds: LEVEL I 5-count LEVEL II 10-count LEVEL III 20-count

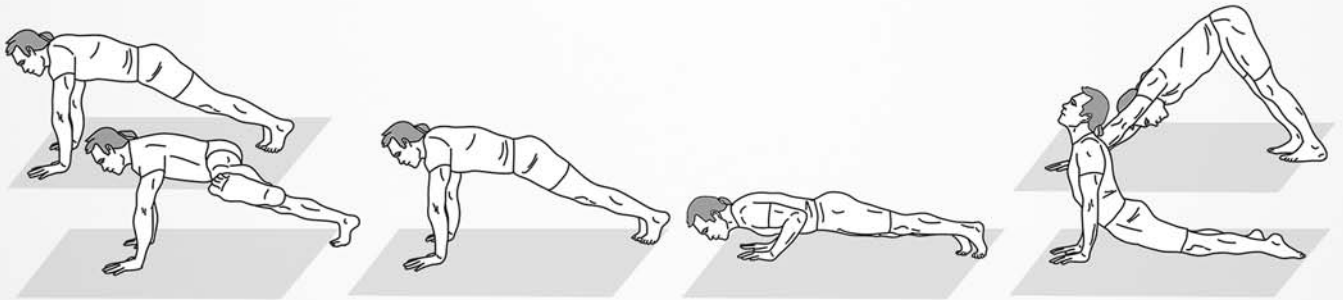


plank rotations

side plank rotations

plank rotations

side plank rotations

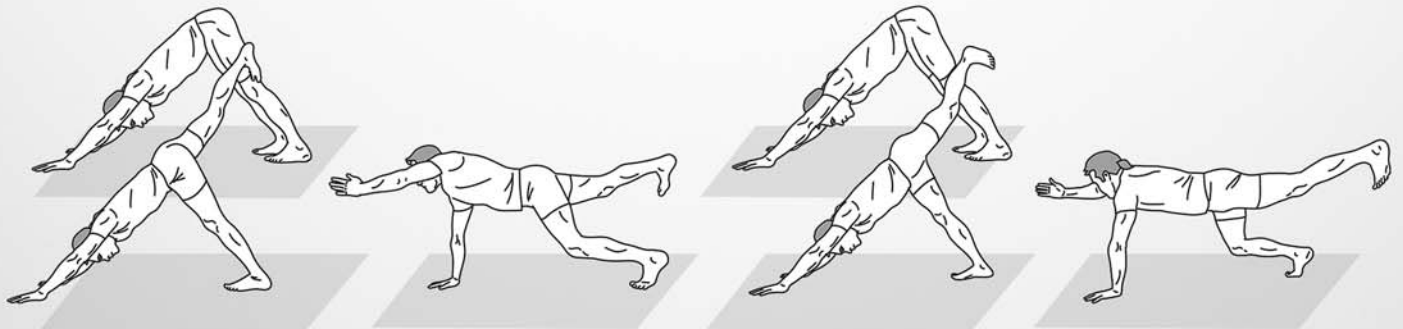


side leg raises
(each side)

plank hold

push-up plank hold

downward into upward dog



downward dog leg raises

alt arm/leg plank hold

downward dog leg raises

alt arm/leg plank hold