

EXERCISE CHART YOGA BLOCK AND STRAP



Active

YOGA STRAP

1. HAMSTRING FLEXIBILITY



Loop the strap through the buckle creating a foothold. Lay on your back with one knee bent and the other leg lengthened. Place the loop around the foot (straight leg) and grab the strap. Pull the strap towards the shoulders lifting the leg off the floor, whilst keeping it straight. Return to start position and repeat on the other side.

Beginner option: bend the knee slightly.

2. SHOULDER MOBILITY



Wrap the strap around one hand before taking that hand to the back of the head. Reach the other hand behind to grab the excess strap at the middle of the back. Gently pull the top hand directly upwards bringing the bottom hand up the midline of the back. Return to start position and repeat on the other side.

3. BRIDGE



Lay down with the knees bent. Loop the strap through the buckle and place both feet through the loop, pull it up until the strap is just above the knees. Rest palms on the floor, slightly wider than shoulder width. Lift the hips without moving the knees (in or out) until you have a straight line from the shoulders to the knees. Return to start position and repeat.

4. CHEST OPENER



Loop the strap around one hand and grab the end with the other hand. Length should be approximately double shoulder width. Start with the arms in front, fully extended, before moving them overhead and behind the body. Repeat in the opposite direction to return to start position.

5. BOAT POSE



In a seated position, loop the strap through the buckle and place the loop around both feet. Grab the strap with one hand and pull it towards the chest, raising the feet off the ground. Maintain a neutral posture and straight leg position, lifting the free arm forward as a counter balance if necessary.

Beginner option: bend the knees and keep feet on the floor.

6. HIP OPENER



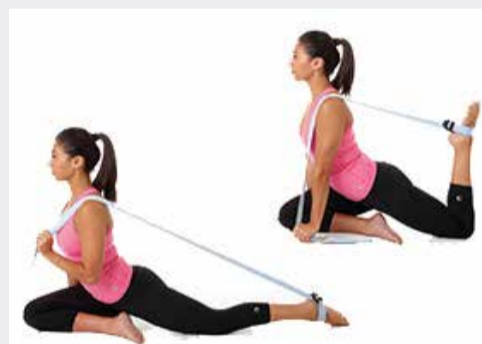
Loop the strap and lay with one knee bent and the other leg lengthened. Loop the foot (lengthened leg) and grab the strap, pulling it back towards the shoulders, lifting the leg off the floor. Move the lifted leg to the side of the body keeping the hips square and on the floor. Return to start position and repeat on the other side.

7. FORWARD FOLD



Wrap the strap around each hand behind the body to create a stretch in the shoulders and chest. Holding this stretch, tip over and raise your arms as close to vertical as possible before returning to start position and lowering the arms.

8. PIGEON POSE



Loop the strap through the buckle and place it around one foot. In a seated position, take the same leg behind the body, bending the opposite knee in front. Hold the strap and place it over the shoulder. Pull the strap forwards, raising the back foot off the floor whilst keeping the hips square to the front. Return to start position and repeat on the other side.

Beginner option: sit on the block to support the pose.

9. TREE POSE



Loop the strap through the buckle and place it around one foot. Standing, take the strap around the opposite hip and behind the lower back. Grab hold of the strap (same hand as the looped foot). Pull the strap to the side (behind the back) raising the foot off the ground. Return to start position and repeat on the other side.

STRAP ONLY WORKOUT

20
MINUTES

This strap-only workout provides assistance to increase mobility and flexibility.

Exercise	Repetitions/Time	Orientation
1	45 sec hold	R side
6	45 sec hold	R side
1	45 sec hold	L side
6	45 sec hold	L side
3	10 sec hold x 6	N/A
8	45+45 sec hold	R+L side
5	45 sec hold	N/A
9	45+45 sec hold	R+L side
2	45+45 sec hold	R+L side
4	10 reps	N/A
7	10 sec hold x 6	N/A

Every time you use this item,
you are saying
YES to your goals and
YES to the person you want to be.

“CHANGE
comes
when you
SAY yes
to YOURSELF”

For more tools, tips and exercises or if you want to know more about “YESOLOGY”, go to www.michellebridges.com.au

YOGA BLOCK

10. BLOCK FORWARD FOLD



Stand with feet out wide. Place the block on the floor in front of the body and fold forward from the hips, keeping the legs straight and knees soft. Place the hands on the block for support. Return to start position.

11. PASSIVE BACK BENDING



Lay on the floor, legs straight with the block under the mid-back. Take the arms from a low position at the side of the body to an overhead position. Allow the shoulders to drop creating an arch over the block. Return to start position.

12. SIDE ANGLE POSE



Step into a wide stance and turn the front toes forward. Place the block on the inside of the front foot and extend the arms out wide. Keeping a long torso, take the palm of the front hand down to the block whilst rotating the torso and reaching the top arm towards the ceiling. Return to start position and repeat on the other side.

13. SPLIT BOW



Place the block on the floor in the upright position. Place one hand on the block for support and hold the opposite foot with the free hand. Lift the foot into a single leg balance before lifting the knee to raise the foot as high as possible. Return to start position and repeat on the other side.

14. REVOLVED HALF MOON



Place the block on the floor in the upright position. Place one hand on the block for support with the chest facing the ground and lift the opposite leg in a single leg balance. With the other arm extended, rotate the torso and hips outwards, raising the extended arm towards the ceiling. Return to start position and repeat on the other side.

15. CHILD'S POSE



In a kneeling position, place the block under the feet and sit back onto the heels. Fold forward from the hips with the arms extended, allowing the body to rest on, or as close to the thighs as possible.

16. UP/DOWN DOG



Lay on your front placing the block behind the feet. With the hands shoulder width apart, raise the torso whilst keeping the hips low. Push back through the arms, drawing the hips high and pushing the heels down onto the block. Allow the hips to drop to return to start position.

17. PLOUGH POSE



Lay on your back placing the block above the head approximately half a body length away. With the arms by your side, roll back keeping the legs straight until the toes touch the block. Keep the arms on the ground for leverage and support before returning to start position.

YOGA BLOCK ONLY WORKOUT

20 MINUTES

This block-only workout provides balance support and decreased range of motion options for those working on mobility and flexibility.

Exercise	Repetitions/Time	Orientation
10	45 sec hold	N/A
12	45+45 sec hold	R+L side
13	45+45 sec hold	R+L side
14	45+45 sec hold	R+L side
11	45 sec hold	N/A
16	4 reps	N/A
17	4 reps	N/A
15	45 sec hold	N/A

Repeat the sequence from the beginning.

COMBINED WORKOUTS

OPEN UP WORKOUT

30 MINUTES

This workout utilises the yoga strap and block to open some of the major joints in the body including the hips and shoulders.

Exercise	Repetitions/Time	Orientation
11	45 secs	N/A
17	4 reps	N/A
6	45+45 sec hold	R+L side
4	10 reps	N/A
2	45+45 reps	R+L side
10	45 secs	N/A
12	45+45 sec hold	R+L side
13	45+45 sec hold	R+L side
14	45+45 sec hold	R+L side

Repeat the sequence from the beginning.

BALANCED WORKOUT

30 MINUTES

This workout utilises the yoga strap and block to assist in movements that require balance and stability.

Exercise	Repetitions/Time	Orientation
16	4 reps	N/A
7	10 sec hold x 6	N/A
3	10 sec hold x 6	N/A
5	45 secs	N/A
8	45+45 sec hold	R+L side
9	45+45 sec hold	R+L side
12	45+45 sec hold	R+L side
14	45+45 sec hold	R+L side
9	45+45 sec hold	R+L side

Repeat the sequence from the beginning.

ALIGNED WORKOUT

30 MINUTES

This workout utilises the yoga strap and block to align the body providing increased joint mobility and muscle flexibility.

Exercise	Repetitions/Time	Orientation
4	10 reps	N/A
2	45+45 sec hold	R+L side
7	10 sec hold x 6	N/A
16	4 reps	N/A
11	45 sec hold	N/A
3	10 sec hold x 6	N/A
17	45 sec hold	N/A
5	45 sec hold	N/A
1	45+45 sec hold	R+L side
6	45+45 sec hold	R+L side
8	45+45 sec hold	R+L side
9	45+45 sec hold	R+L side
12	45+45 sec hold	R+L side
13	45+45 sec hold	R+L side
14	45+45 sec hold	R+L side
15	45 secs	N/A