








**Cedar Rapids Kennedy Girls Track and Field -
Yoga Training Program**

2020 - 2021

1. Yoga

Upward Facing Dog		
	Reps / Time: 30 Seconds	Sets: 1 Set
Downward Facing Dog		
	Reps / Time: 30 Seconds	Sets: 1 Set
Revolved Chair		
	Reps / Time: 30 Seconds	Sets: 1 Set
Standing Half Forward Bend		
	Reps / Time: 30 Seconds	Sets: 1 Set
Camel		
	Reps / Time: 30 Seconds	Sets: 1 Set



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Head-to-Knee Forward Bend



Reps / Time:
30 Seconds

Sets:
1 Set

Triangle



Reps / Time:
30 Seconds

Sets:
1 Set

Pigeon



Reps / Time:
30 Seconds

Sets:
1 Set

Standing Back Bend



Reps / Time:
30 Seconds

Sets:
1 Set

Warrior



Reps / Time:
30 Seconds

Sets:
1 Set

Reverse Plank



Reps / Time:
30 Seconds

Sets:
1 Set

Forward Bend



Reps / Time:
30 Seconds

Sets:
1 Set