

Sport Yoga Sequence Explanation

Instructions

1. Football Pose

- Step back with one foot
- Bend the back leg
- And kick up and forward
- Repeat a few times changing legs

2. Basketball Pose

- Open your legs wide
- Bend one leg and straighten the other
- Move from one side to the other
- Reach to the floor with one hand (the same hand of the bent side)
- Change hands according to the bent side

3. Karate Pose

- Open your legs wide
- Stretch your arms up
- Lift one leg to the side and bend the other
- Pull your hands down as you lift your leg
- Repeat changing legs

4. Swimming Pose

- Place your hands forward next to each other

- **Circular movements to the front**
- **Circular movements to the back**
- **Repeat this with both arms together**

5. Volleyball Pose

- **Open your legs wide**
- **Stretch your arms forward and place your hands in a ball**
- **Bend both legs as you swing your arms down**
- **Stretch legs and swing arms up**
- **Repeat this for a few times**

[https://www.youtube.com/watch?v=znX4Da7JbGg&list=PLjs4G0_dLq3GynpulY3GW098PBYuE8iW &index=4](https://www.youtube.com/watch?v=znX4Da7JbGg&list=PLjs4G0_dLq3GynpulY3GW098PBYuE8iW&index=4)

Enjoy !