



# USANA<sup>®</sup> WORKOUT GUIDE

*A Better You. One Day at a Time*

# WELCOME TO YOUR USANA WORKOUT GUIDE



Exercise and movement are as important to your overall health as quality nutrition and stress management. That's why taking time each day to exercise will help you improve physically as well as mentally.

**AND THAT'S WHAT YOU'LL GET BY FOLLOWING THIS GUIDE:**

*a healthier approach to life.*

As you get into the workouts, remember that change takes time. So if you miss a day or two, don't sweat it. You have it in you to accomplish your exercise goals as long as you remain committed to a healthier lifestyle. Good health is a marathon, not a sprint.





The information in this guide is designed to help you work toward your individual health, wellness, and fitness goals. It is not designed to treat or prevent injury or any current or future health problems or issues.

Consult with your physician before starting a new exercise program, especially if you have a history—or family history—of high blood pressure or heart disease, or have any condition that could be made worse by a change in physical activity. Do not start this fitness program if your physician or health-care provider advises against it. If you have any concerns or questions about your health, consult a physician or other health-care professional. Do not disregard, avoid, or delay obtaining medical or health-related advice from your health-care professional because of something you may have read in this guide.

There is the possibility of physical injury when participating in any exercise or exercise program. If you engage in this exercise or exercise program, you agree that you do so at your own risk, are voluntarily participating in these activities, and assume all risk of injury to yourself. The use of any information provided in this guide is solely at your own risk.

If you experience light-headedness, dizziness, or feel excessive pain or shortness of breath at any time while exercising, stop immediately.



# HOW TO USE THIS GUIDE

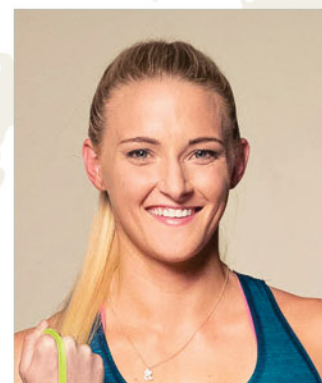


The exercises in this guide target major muscle groups in your body. They can help you increase strength, tone, and improve flexibility. You will be asked to complete three types of movements: resistance training (*using a resistance band*), yoga, and Pilates.

While the exercises will remain the same, you will increase repetitions as you progress. On resistance-training days during your first week (*days 1, 2, 3, 5, and 6*), you'll go through each series of exercises twice. You'll then go through them three times during week two, four times during week three, and five times during week four. We've mapped out a week's worth of workouts. Jump in and see how many repetitions you can do and stick to that for your first week. Then challenge yourself at the start of each week by adding another repetition. That might take more than one week, or it might take less. The point is to push yourself.

Warm up before starting the program each day (*about five minutes of brisk walking, jogging, jumping jacks, etc.*) and finish each workout with five minutes of stretching in order to reduce the likelihood of injury. As you go through the workout routine, remember to go at your own pace, but also try to push yourself.

## WORKOUT GUIDE EXPERTS



### AUBRIE HAYMORE

USANA associate wellness coordinator. Master of science in health and human movement, certified exercise physiologist (American College of Sports Medicine).



### TIFFANY CROSSWHITE BURKE

Owner and founder of Studio Core Pilates in Draper, Utah, and developer of Crosswhite Pilates Training. Core Dynamics Pilates Certification (2004).



### MADELEINE SEARS

Yoga Specialist. Certified Yoga Instructor, InBody Academy 1000hr RYT. Certified Kundalini Yoga Instructor, 200hr IKYTA. Founder of Yoga for Autism in Utah and two Yoga Therapy programs in India.



# WORKOUTS!

## LEGS

10 Squats  
10 Each leg bench step-ups  
10 Lunges  
10 Each leg bird dogs  
10 Single-leg deadlifts\*  
10 Bicycles

## CHEST + ABS

10 Push-ups  
20-Second plank  
10 Plank twists  
10 Each leg single-leg jackknives  
10 Commandos  
10 Each side Russian twists

## BACK + BICEPS

10 Each arm bicep curls and rows\*  
10 Half-kneeling single-arm rows\*  
10 Scapular flies\*  
10 Good mornings  
10 Glute bridges\*  
10 Supermans

## LEGS + ABS

10 Jump squats  
20-Second jump rope\*\*  
10 Jumping lunges  
10 Knee tucks  
10 Plank jacks  
10 Each leg mountain climbers\*

## YOGA/PILATES

Pick either

## SHOULDERS + TRICEPS

10 Front raises\*  
10 Bench dips  
10 Lat pulls\*  
10 Overhead tricep extensions\*  
10 Lateral raises  
10 Commandos

## REST

This would be the perfect day to help out your sore muscles by taking a leisurely walk and then having a good stretch.

## WEEK 1 – 2 ROUNDS

LEG DAY	CHEST + ABS	BACK + BICEPS	LEGS + ABS	YOGA OR PILATES	SHOULDERS + TRICEPS	REST
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## WEEK 2 – 3 ROUNDS

LEG DAY	CHEST + ABS	BACK + BICEPS	LEGS + ABS	YOGA OR PILATES	SHOULDERS + TRICEPS	REST
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## WEEK 3 – 4 ROUNDS

LEG DAY	CHEST + ABS	BACK + BICEPS	LEGS + ABS	YOGA OR PILATES	SHOULDERS + TRICEPS	REST
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## WEEK 4 – 5 ROUNDS

LEG DAY	CHEST + ABS	BACK + BICEPS	LEGS + ABS	YOGA OR PILATES	SHOULDERS + TRICEPS	REST
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\*Indicates use of included resistance band.

\*\*If you don't have a jump rope, jump in place as if you had a jump rope.





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# RESISTANCE



# LEG DAY

## EQUIPMENT NEEDED:

Resistance band

### 1 10 SQUATS

1. Stand with both legs shoulder-width apart.
2. Squat down by keeping your back straight, chin up, and putting pressure into your heels. Squat down to a comfortable level or to a 90-degree level with your knees. Your knees should not protrude over your toes.
3. With a controlled movement, stand up and return to the starting position.

### 2 10 BENCH STEP-UPS

1. Start with one leg on the floor and one leg on a bench or stool. The leg on the bench/stool should be at a 90-degree angle.
2. Step up to bring your other leg onto the bench/stool.
3. Bring your first leg back down to the ground and continue this process.

**ADVANCED:** Start the exercise the same. Instead of bringing up your second leg onto the bench/stool, bring your knee toward your chest and pause. Release your leg and place it back on the floor. Bring your first leg back down to the ground. Repeat on the other side.

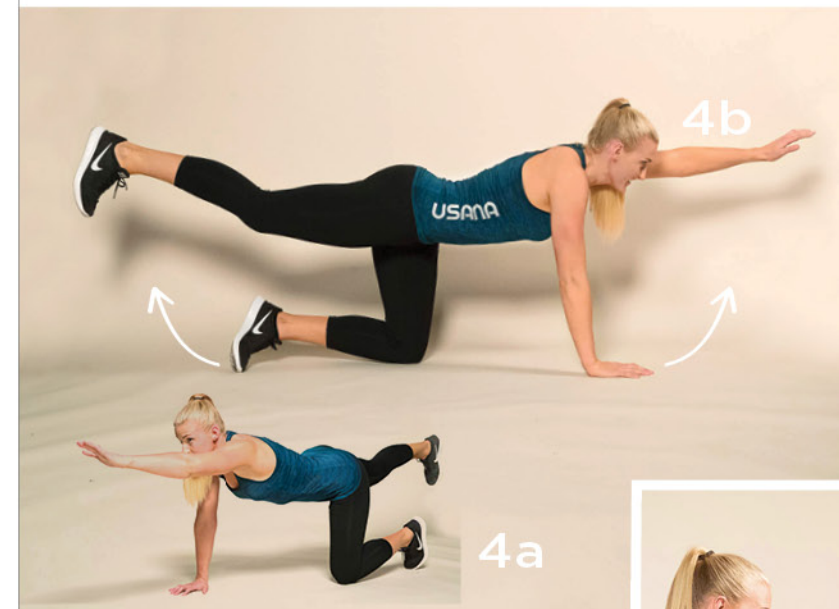
### 3 10 LUNGES

1. Begin with both legs shoulder-width apart.
2. Step forward generously with one leg and dip your rear leg toward the ground to create a 90-degree angle. Your knee should not protrude over your toes on your front leg. If this is happening, take a further step forward or focus more on dropping your back knee toward the floor.
3. Return to the starting position and continue this process by alternating both legs back and forth.



## modification

Move through the regular lunge, but instead of returning to stand on two legs, kick your back leg out in front of you until you can touch your toes with your opposite hand. Return to a standing position and repeat on the other side.



### 4 10 BIRD DOGS

1. Start this exercise on your hands and knees with your back as straight as possible.
2. Lift one leg and an opposite arm in the air until they are parallel with each other.
3. Repeat this process on the other side.

## modification

If you have a bad back, start out on your forearms instead of your hands.

### 5 10 SINGLE-LEG DEADLIFTS

1. Stand with your feet hip-width apart and your knees slightly bent. Loop the band under your right foot. Hold the other end of the band with both hands.
2. Raise your left foot off the floor. Without changing the bend in your right knee, bend at your hips and lower your torso until it's almost parallel to the floor.
3. Pause, and return to the starting position. Repeat this process with both legs.

## modification

**DEADLIFT:** Loop the band under both feet. Hold the other end of the band with both hands. Stand with your feet hip-width apart and your knees slightly bent. Without changing the bend in your knees, bend at your hips and lower your torso until it's almost parallel to the floor. Pause, and return to the starting position.

### 6 10 BICYCLES

1. Begin this exercise by lying on your back.
2. While keeping your lower back pressed against the ground, raise your legs off the ground. Pull one knee toward your chest as far as you can. Then extend the leg back out and pull the other knee in.
3. Keep alternating knees, rotating toward the knee each time.



# CHEST & ABS

**EQUIPMENT NEEDED:**  
Resistance band

## 1 10 PUSH-UPS

1. Begin either on your hands and knees or hands and toes with your back as straight as possible. Your hands should be on the ground just wider than shoulder-width apart.
2. Lower yourself to the ground in a controlled manner until your elbows come to a 90-degree angle.
3. Press yourself back to the starting position and repeat.

**ADVANCED:** Get into a standard push-up position. Perform a push-up. As soon as you come up, tap your left shoulder with your right hand while holding yourself up with your left hand.

## 2 20-SECOND PLANK

1. Begin in a push-up position, either on your toes and elbows or knees and elbows.
2. Keep your back as straight as possible. Stay in this position with your body elevated from the floor until you have completed the time in the routine.

## 3 10 PLANK TWISTS

1. Begin on your toes and hands with your back as straight as possible, like the push-up position.
2. Raise one hand to the sky to the side, twisting your body slightly. As you twist you can shift your feet so your twist will open up your chest cavity.
3. Bring your hand back to the floor and repeat with the other side of the body.



## 4 10 SINGLE-LEG JACKKNIVES

1. Lie on your back with your legs straight.
2. Raise one leg in the air, keeping it as straight as possible, while also raising your arms in the air and attempting to touch your toes in the air.
3. Switch and repeat the process.

## 5 10 COMMANDOS

1. Start in a plank position, hands underneath your shoulders, extending both of your legs and resting on the balls of your feet.
2. Release your right hand and lower yourself to your forearm, then do the same with your left hand.
3. Return back to the plank position by placing your right hand firmly on the floor directly below your right shoulder. Push up, straightening your arm, and then do the same for your left. Repeat the movement.



## 6 10 RUSSIAN TWISTS

1. Sit, balancing on your tailbone, with your knees bent toward your chest and your heels off of the ground. Begin with your hands in the middle of your body just above your knees.
2. In a controlled manner, twist your body and bring your hands as close to the ground as possible. Twist your body back to the other side to complete one rep.





# BACK & BICEPS



1

## EQUIPMENT NEEDED:

Resistance band

### 1 10 BICEPS CURLS AND ROWS

1. Hold the resistance band with both hands, right palm facing up and left palm facing down. Pull the band shoulder-width apart to keep it tight, and then curl your right hand toward your shoulder, making sure to keep the left hand still and in line with your left shoulder.
2. At the top of the curl, squeeze your right elbow behind you, performing a row.
3. Bring the elbow back to your side and lower your right hand back to start.

### 2 10 HALF-KNEELING SINGLE-ARM ROWS

1. Start in a half-kneeling position. Place one end of the band around your front foot and the other end in the opposite hand from the leg that is forward. Your arm should be extended down toward the ground holding the band. Lean forward over your front leg with your back flat and in a straight line from your head to your tailbone.
2. Row the band up to your side, pulling with your back and driving your elbow back and up as you row. Keep your core tight—do not rotate with the band or shrug your shoulders—and drive your elbow down and back as you row. You should feel movement between your shoulder blades and down the side of your back, not in your upper traps and neck.
3. Slowly extend your arm after rowing the band up to your side. Complete all reps on one side before switching sides.

### 3 10 SCAPULAR FLIES

1. Hold the resistance band in both hands, with your hands about shoulder-width apart and your palms facing each other. Stand tall and press your chest out as you raise your arms straight in front of you at about shoulder height.
2. Keeping your arms straight and at shoulder height, pull on the band to open your arms out to the sides as you bring the band in toward your chest. Pinch your shoulder blades down and together as you fly your arms open and stretch the band. Pause, and then bring your arms back to shoulder-width apart. Do not let your shoulders shrug up as you pull the band.



3a



3b

*note*  
Don't allow your lower back to round as you perform the exercise.



4a

4b



### 4 10 GOOD MORNINGS

1. Stand with your knees slightly bent and your feet hip-width apart.
2. Without changing the bend in your knees, bend at your hips and lower your torso until it's almost parallel to the floor. Pause, and return to the starting position. That's one repetition.

### 5 10 GLUTE BRIDGES

1. Lie on the ground with your feet on the floor and knees bent, your arms on the floor next to your sides. Place the resistance band around your legs just above the knee.
2. In a controlled manner, raise your hips into the air while pressing laterally against the bands. To reduce the likelihood of injury, make sure you are pressing off the floor with the back of your shoulders and not your neck.
3. Lower your back down to the floor and repeat.

**ADVANCED:** Raise one leg off the floor, keeping your leg straight. Perform the exercise by pushing down through your other heel and pushing your hips up, raising your glutes off the mat. Continue until your hips are in a straight line with your torso. Hold for a count of one. Repeat on the other side.



5



6b



6a

### 6 10 SUPERMANS

1. Lie on the floor on your stomach with your arms and legs out straight as if you were diving into a swimming pool. In a controlled manner bend backwards at your lower back by simultaneously raising your legs and arms into the air.
2. Lower your body back into the starting position and repeat.



# LEGS & ABS

## EQUIPMENT NEEDED:

Resistance band

### 1 10 JUMP SQUATS

1. Begin in squat position and squat down, keeping your back straight, chin up, and putting pressure into your heels.
2. Squat down to a comfortable level or to a 90-degree level with your knees.
3. With a controlled movement, stand up and jump in the air each time you get back to the starting position.

### 2 20-SECOND JUMP ROPE

1. Stand up straight, holding (or pretending to hold) your jump rope in your hands.
2. Jump up slightly on your toes and swing the jump rope underneath your feet and then over your head as you continue to jump up and down.

### 3 10 JUMPING LUNGES

1. Begin in lunge position.
2. Step forward generously with one leg and dip your rear leg toward the ground to create a 90-degree angle in both legs.
3. As you return to the starting position, jump into the air and switch your legs.
4. Continue this process by alternating both legs back and forth.



1b



2



3a



3b

4a



4b



*modification*

Instead of jumping your feet out from your body, step your feet out one at a time, pause, and then step your feet back to the starting position. Repeat.



5

6a



6b



### 4 10 KNEE TUCKS

1. Sit on the floor with your knees bent toward your chest, balancing on your tailbone with your hands placed behind you.
2. Extend your legs out, while leaning back and bending your elbows to elongate your abdominal muscles.
3. Bring your knees back toward your chest and sit back up to the starting position before repeating the process.

**ADVANCED:** Straighten your arms out in front of you, balancing on your tailbone, as you do the exercise.

### 5 10 PLANK JACKS

1. Begin in a push-up position, on your hands and toes.
2. Keeping your hands in the same place, jump your feet out from your body and then back as if you were doing regular standing jumping jacks.

### 6 10 MOUNTAIN CLIMBERS

1. Begin in a push-up position on your hands and toes.
2. Keep your hands in the same place and "run" in place by bringing your knees toward your chest and then bringing your legs back down into the starting position.
3. Alternate legs during this exercise.

*modification*

Put the band around the arches of your feet.



# SHOULDERS & TRICEPS

## EQUIPMENT NEEDED:

Resistance band

### 1 10 FRONT RAISES

1. Stand up straight and hold your band in front of you on your thighs.
2. In a controlled manner, raise one arm straight until it reaches a position that is level with your chin.
3. Lower your band to the starting position and repeat the process on the other arm.



### 2 10 BENCH DIPS

1. Begin by placing your hands behind you on a bench or chair with your legs straight in front of you and your heels on the ground.
2. Bend your elbows behind you and lower yourself to the floor, stopping when your elbows reach a 90-degree angle.
3. Press yourself back into the starting position.

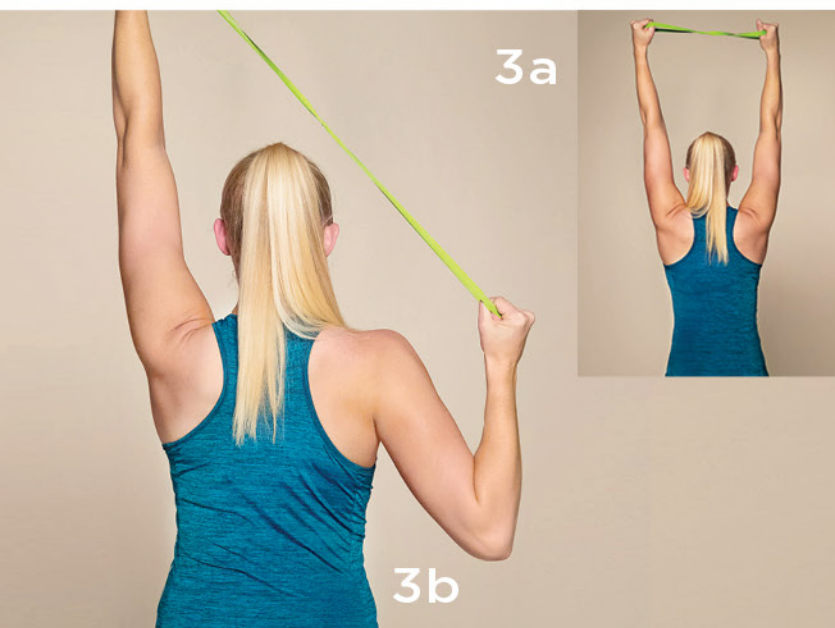
*modification*

To make this move easier, bend your knees and place your feet flat on the floor.



### 3 10 LAT PULLS

1. Loop the band around the middle of your hands and make two fists. Extend arms overhead, hands in line with shoulders.
2. Keeping the left arm still, pull your right arm down and to the side to 90 degrees, coming in line with your right shoulder.
3. Slowly reverse the move and repeat on the left side, this time keeping the right arm still.



4a



4b



### 4 10 OVERHEAD TRICEP EXTENSIONS

1. Stand up straight and hold your band with one hand above your head. Bend your elbow and lower the band behind your head. Reach behind your back and grab the other end of the band with your free hand.
2. In a controlled manner, extend elbow until your arm is straight, then lower your arm until you are in the starting position.
3. Repeat this movement on the other side.

### 5 10 LATERAL RAISES

1. Loop the band around your wrists, palms facing each other, and bend your elbows to 90 degrees.
2. Keep your wrists straight and slowly raise your right elbow to the side until it reaches shoulder height.
3. Return to the centre and repeat on the opposite side.

5a



5b



### 6 10 COMMANDOS

1. Start in a plank position, hands underneath your shoulders, extending both of your legs and resting on the balls of your feet.
2. Release your right hand and lower yourself to your forearm, then do the same with your left hand.
3. Return back to the plank position by placing your right hand firmly on the floor directly below your right shoulder. Push up, straightening your arm, and then do the same for your left. Repeat the movement.

6a



6b







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# PILATES



# PILATES

## WARM UP:

Resistance band stretching

## EQUIPMENT NEEDED:

Resistance band

### 1 10 BEND AND STRETCH

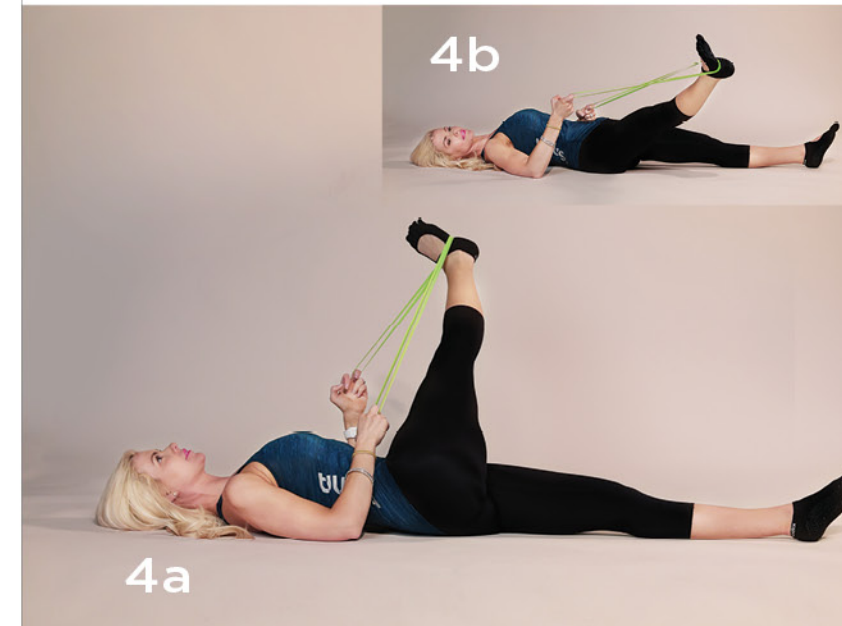
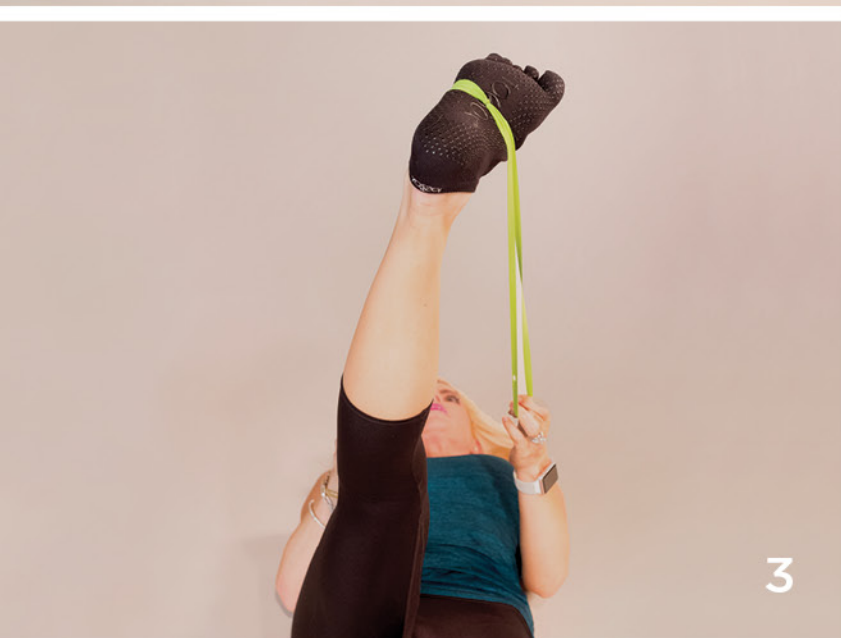
1. **LIE ON YOUR BACK**, with one leg extended to the ceiling.
2. **WRAP THE RESISTANCE BAND** around the arch of the extended foot. Bend and straighten the leg five times.
3. **BREATHE DEEPLY**, bending as you inhale and extending as you exhale.

### 2 10 LOWER AND LIFT

1. While still lying on the floor, inhale and lower your leg to the floor, while keeping it straight.
2. **LIFT IT** back up to the ceiling as you exhale.

### 3 LEG ROTATION

1. **ROTATE** your left leg from the hip to slightly turn the foot out, then rotate from the hip to pigeon-toe in. Inhale to rotate out, exhale to rotate in.
3. **REPEAT** five times.



### 4 CROSSOVER

1. **INHALE** and, while keeping your leg straight, cross it over your body.
2. Your hip may lift up, but your shoulders should stay down. Hold for five counts, then inhale and open the leg out to the other side.
3. This time try to keep both hips down and core tight. Hold for five counts.
4. **REPEAT** both stretches three times.

### 5 10 GIANT CIRCLES

1. **WHILE KEEPING YOUR CORE TIGHT** and hips steady, create a giant circle with the extended leg.
2. **HOLD THE BAND TIGHT** in your hands to assist the leg movement and complete three to five circles in each direction.

*repeat*

this series with the other leg.



# PILATES



## EQUIPMENT (OPTIONAL):

Small core ball

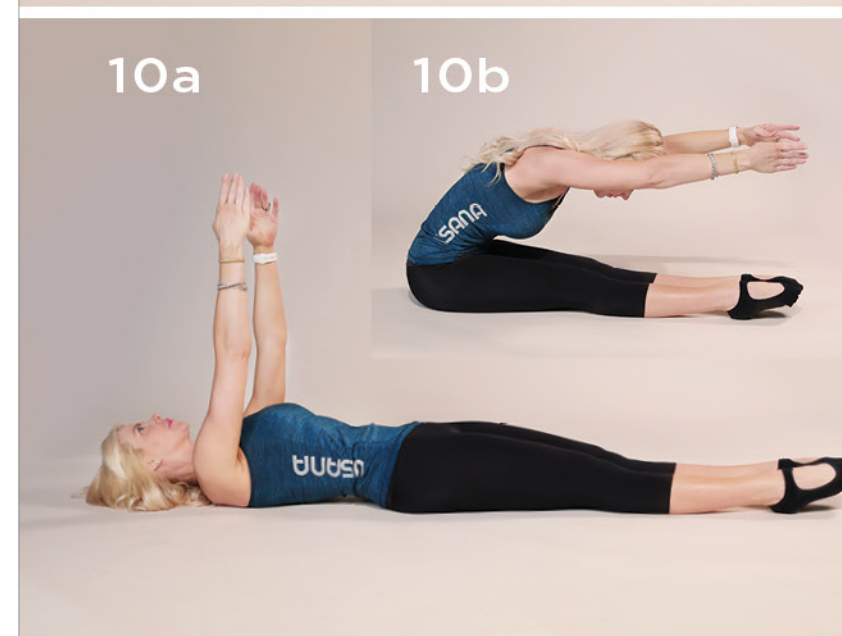
### 6 PELVIS PRESS

1. **LIE ON YOUR BACK.** Keep your feet on the floor and bend your knees, pointing them toward the ceiling. Place a small core ball between your knees.
2. **LIFT PELVIS.** Inhale as you squeeze the ball between your knees. Curl your tail bone under, creating a coccyx curl. Exhale and press your feet into the floor, peel the spine off the ground, and lift your hips into the air. Inhale and hold your breath. As you exhale, slowly roll down, imprinting your spine into the floor. Repeat 10 times.
3. **PULSES.** After the 10th lift, hold your hips high and steady and pulse up and down 10 times.
4. **SQUEEZES.** Maintain the lift, steady your core, and squeeze the ball 10 times.
5. **REPEAT** this series one more time.

### 7 SEATED ABDOMINAL CURLS WITH SMALL CORE BALL

1. **SIT WITH YOUR KNEES BENT AND FEET ON THE FLOOR.** Place the small core ball below the small of your back. Extend your arms out in front of you, with palms facing the ceiling, and inhale and lean back. Exhale, drawing the abdominal muscles into your spine as you curl up. Repeat 10 times.
2. **PULSES.** After the 10th abdominal curl, hold halfway and perform 10 small pulses.
3. **REPEAT** this series once more.

**ADVANCED:** Place your hands behind your head.



### 8 LYING ABDOMINAL CURLS WITH SMALL CORE BALL

1. **LIE ON YOUR BACK.** Place the small core ball between your shoulder blades. Place your hands behind your head to support your neck, inhale, lean back, and arch over the ball. Exhale, tuck your chin to your chest, and draw the abdominals in tight to curl forward. Remember to tighten that abdominal corset as you exhale and lift up.
2. **REPEAT** 10 times.

### 9 THE HUNDRED

1. **CONTINUE IN THE SAME POSITION FROM THE LAST EXERCISE.** Extend your arms, reaching your fingertips toward your heels, palms facing the floor. Begin pumping your arms. Inhale to a count of five, then exhale to the same count. On the exhale, lift slightly off the ball.
2. **REPEAT** 10 breath cycles.

### 10 THE ROLL-UP

1. **LIE ON THE FLOOR** with your hands raised over your head and your legs extended. Inhale, reach your fingertips to the ceiling, and tuck your chin to your chest. Exhale and roll up, drawing the abdominal muscles in tight. Reach your fingertips and crown of your head to your toes. Inhale and draw the abdominals back in and begin to roll back. Exhale and roll all the way slowly.
2. **REPEAT** five times.

### 11 SEATED LEG LIFTS

1. **SIT ON THE FLOOR** with both legs extended out straight in front of you. Inhale and lift your right leg. Exhale, lower it back down. Maintain a tall sitting posture while lifting the leg. Repeat 10 times.
2. **PULSES.** After the last leg lift, hold and pulse 10 times.
3. **REPEAT** on other leg.



# PILATES

**EQUIPMENT (OPTIONAL):**  
Small core ball

## 12 10 THE DONKEY KICK SERIES

1. **KNEEL** on your hands and knees and place the ball behind one knee.
  - **VARIATION 1: KICK-UP**  
Inhale, and while squeezing the ball, kick the leg up. Exhale and return the leg down. Repeat 10 times.
  - **VARIATION 2: PULSES**  
Keep the leg high and pulse 10 times. *(not pictured)*.
  - **VARIATION 3: SWING-OUT**  
Keep your leg high and swing it out to the side, as if lifting it over a gate. Exhale and return. Repeat 10 times.
2. **REPEAT** this series on the other leg.



12a



12b



13a

13b



13c



13d



## 13 10 SIDE LEG KICK SERIES

1. **LIE ON YOUR SIDE WITH LEGS EXTENDED.** Prop yourself up on one elbow and one hand.
  - **VARIATION 1: SIDE LEG KICK**  
Inhale, and kick the top leg to the front while keeping your core tight and steady. Exhale and kick the leg to the back. Your hips should remain steady and stacked. Repeat 10 times.
  - **VARIATION 2: KICK-UP**  
Inhale and kick the top leg up to the ceiling. Exhale and return. Repeat 10 times. The toes on the top should be turned out and facing the ceiling.
  - **VARIATION 3: THE BICYCLE**  
Swing the leg to the back and pause. Bend at the knee and, leading with the thigh, draw the leg to the front where you will extend out straight. Repeat 10 times.
  - **VARIATION 4: BIG CIRCLES**  
Inhale, keeping hips stacked and steady, and swing the leg forward and up. Exhale and draw leg behind and around. Repeat five times each direction.
  - **VARIATION 5: ADDUCTOR LEG LIFTS**  
Place the ball under the ankle of your top leg so your foot is level with your hip. Inhale and lift the bottom leg as high as possible. Exhale, return the foot. Repeat 10 times. *(not pictured)*
  - **VARIATION 6: 5B**  
Like the previous adductor, but only lift your leg up and swing forward. Inhale, lift leg, and extend forward. Exhale and return the leg. Repeat 10 times. *(not pictured)*

*repeat*

this series with the other leg.



# PILATES

14



## 14 THE PLANK SERIES

- BASIC PLANK

Keep your shoulders over your hands and abdominals tight to protect the lower back. Hold the plank for 30 seconds to one minute. If wrists are weak, this can be performed on the elbows instead.

- CONTROL FRONT

Start in the plank position. Inhale and lift your right leg off the floor, then exhale and return the leg. Repeat five times and then repeat on the left leg.

○ CONTROL BACK

Start from a reverse plank position (chest and front of body facing the ceiling with hips off the ground). Inhale and lift your right leg off the floor. Point your toes toward the ceiling. Exhale and return. Repeat five times. Repeat steps on the other leg.

- SIDE BODY LIFT

Start by resting on one hip and hand. Your knees should be stacked and bent, with top foot slightly in front on the floor. Inhale and press into the resting hand and lift up into a side plank, while reaching the other hand up toward the ceiling. Exhale and return the hip to the floor slowly. Repeat six times. Repeat steps on other side.

14



## 15 10 THE PUSH-UP

1. **BEGIN BY STANDING TALL.** Inhale and reach arms up to the ceiling. Exhale and slowly roll your body and hands downward to the floor.
2. **INHALE AND BEGIN WALKING HANDS ONTO THE FLOOR** out to a plank position.
3. **EXHALE AND HOLD THE PLANK.** Inhale and bend the elbows to lower body toward the floor.
4. **EXHALE** and lift body back up.
5. **REPEAT** three to six times, then walk hands back to the starting position.



15a



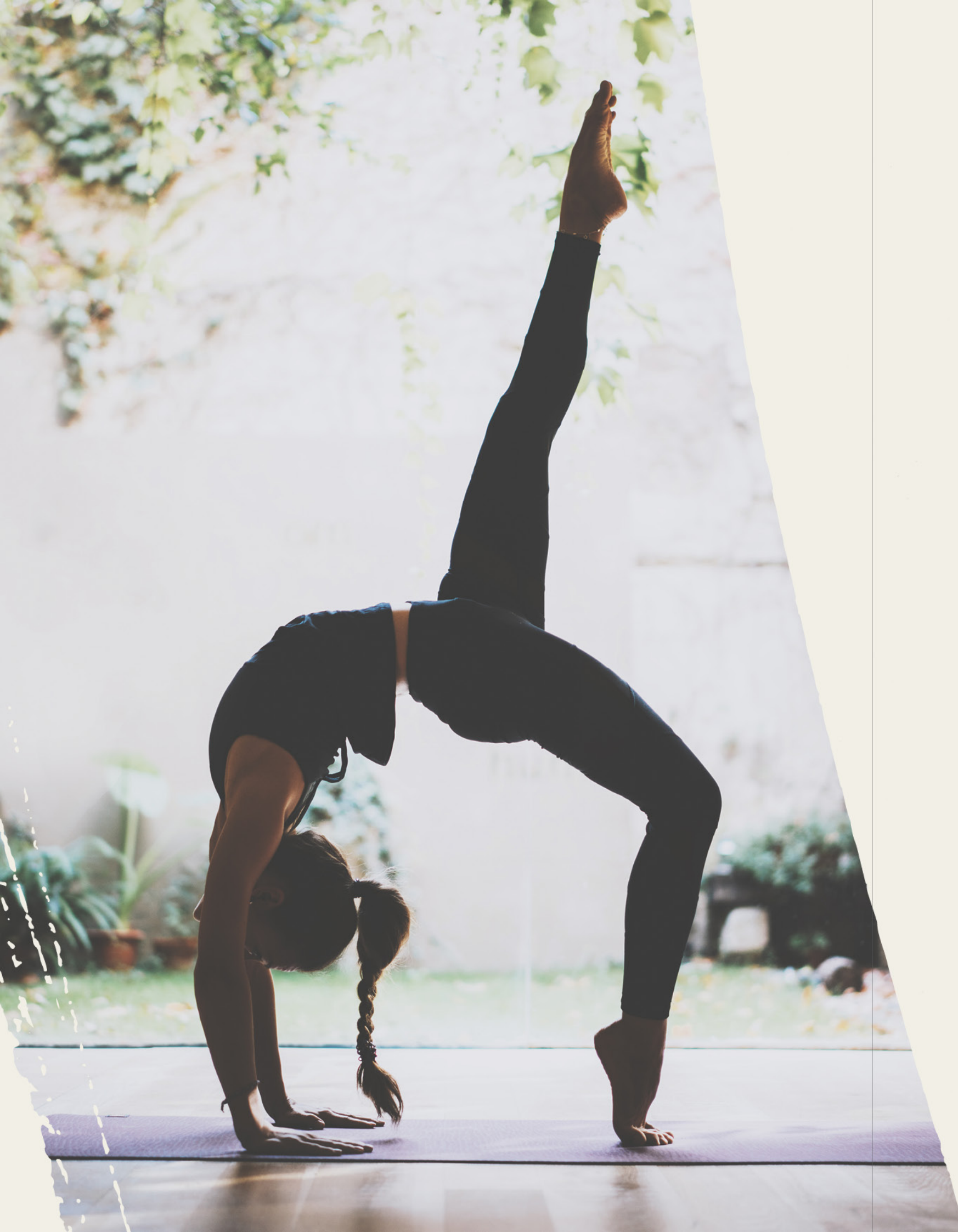
15b



15d







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# YOGA



# YOGA

*Before you begin...*

## DEEP BREATHING

Stand or sit comfortably with the spine straight and the shoulders relaxed. Close the eyes and take five deep breaths through the nose. Allow the abdomen and chest to expand with the inhale, and the body and mind to relax with the exhale. (not pictured)

## NECK ROLLS

Stand or sit comfortably with the spine straight and the shoulders relaxed. Bring the chin to the chest and begin to move the head in a clockwise circular motion while stretching the neck. Inhale as you bring the head back and exhale as you bring the head forward. Continue for five rounds and repeat in the opposite direction. (not pictured)

## EQUIPMENT:

Yoga mat & yoga block, if desired

## WEEK 1 SERIES:

Daily Yoga Practice

### 1 SIDE STANDING STRETCHING

Standing with feet slightly wider than the hips, inhale and reach the hands up to the sky. Exhale and bring the left hand to the left hip and reach the right hand over the body, bending sideways. Inhale to bring both hands up. Exhale and bring the right hand to the hip and reach the left hand over the body, bending sideways. Repeat 10 rounds, five times to each side.

### 2 STANDING FORWARD FOLD

Stand with the feet under the hips or sit with the legs extended on the mat. Inhale to reach arms up to the sky, as you exhale, bend forward and reach toward the toes. You may place the hands on a block or the shins for support. Keep the spine extended and the neck and shoulders relaxed. Hold this position for 5 to 10 deep breaths. Inhale and straighten the spine.



### 3 CAT/COW

Kneel with the hands under the shoulders and the knees under the hips. Inhale and flex the spine forward by bringing the abdomen down and the shoulders back, while reaching the tailbone and the forehead toward the sky. Exhale and arch the back by curling in the navel, separating the shoulders, and tucking the chin and tailbone. Continue for 10 rounds, inhaling and exhaling with each movement.

### 4 BUTTERFLY

Seated or lying on the back, bring the soles of the feet together and separate the knees. Let the knees fall open toward the floor. The feet can be as far or close to the hips as comfortable. If seated, bend forward toward the feet for a deeper stretch. Take 5 to 10 deep breaths in this position.

### 5 TWISTING

Lying on the back, bend the legs and bring the knees and feet together. Keeping the shoulders on the floor, bring the knees over to one side, letting them rest on the floor. Look away from the knees over the opposite shoulder to twist the spine completely. Take five deep breaths in this position. Inhale the knees back to centre and repeat to the other side.

### 6 RELAXATION WITH BELLY BREATHING

Lie on the back or sit in a comfortable position. Close the eyes and breathe deeply. Inhale deeply and allow the abdomen to expand. Exhale slowly and allow the body to relax completely. Remain in this position for 10 to 20 deep breaths. Sit upright and bring the hands together in front of the heart to close your practice.



# YOGA

## EQUIPMENT:

Yoga mat & yoga block, if desired

## WEEK 2 SERIES:

Sun salutation Postures

### 1 STANDING FORWARD FOLD

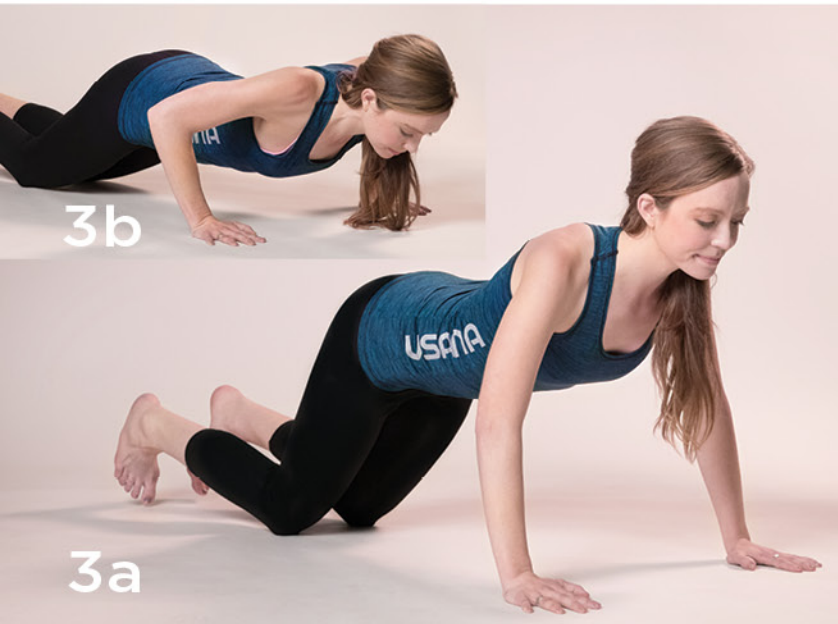
Stand with the feet under the hips and the hands together in front of the heart. Inhale to reach the arms up to the sky, exhale to extend the spine and bend forward, reaching the hands toward the toes with the neck and head relaxed toward the floor. Inhale to extend the head, neck, and spine forward into a flat "table top" position, as the tailbone reaches back. Exhale to return to the forward fold and engage the navel. Inhale, press through the feet, and stand up, raising the arms to the sky. Exhale to bring the hands back to the heart. Repeat five rounds.

### 2 DOWNWARD DOG

Begin on the hands and knees with the hands spread wide and pressing into the fingertips and palms. Pull the shoulder blades down the back, opening the collarbones and engaging the upper body. Keep the engagement while you tuck the toes and extend the heels toward the floor while straightening the legs and reaching the tailbone to the sky. Knees can remain slightly bent. If comfortable, 'walk' the legs by bending a knee and dropping a hip. Hold this pose for 5 to 10 deep breaths. Take a break on the hands and knees and repeat once.

### 3 PLANK PUSH UP

Press the hands into the floor under the shoulders with elbows slightly bent and the arms engaged. Bring the torso parallel to the floor and balance the lower body with the toes or knees on the floor. Engage the core by pulling the navel in, preventing collapsing in the lower back. Take a deep breath in plank pose. Exhale and bend the elbows and bring the shoulder blades together on the back while lowering the torso with control. Either bring the torso to the height of the elbows and inhale to return to plank, or lower the torso to the floor and inhale to engage the entire body and press back into plank. Repeat five times.



### 4 COBRA

Lie down on the belly with the legs together and extended behind with the tops of the feet on the floor. The elbows are bent and the hands are on the floor under the shoulders. Press the hips and hands into the floor while extending the spine forward and up, lifting the head and upper torso off the floor. Engage the lower back muscles to take most of the weight off of the hands. Hold this position for five deep breaths. Exhale to relax the torso back to the floor. Repeat one to two times.

### 5 FORWARD LUNGE

From a Downward Dog position, look forward and bring the left foot in between the hands. Either lower the back-right knee to the floor or keep the knee raised with the toes pointing forward. Press evenly through both feet and inhale to extend arms and spine up. Otherwise, keep the hands on the floor on either side of the foot or on the left thigh. Take five deep breaths in this position. Bring the hands to the floor and step the left foot back into a Downward Dog position. Repeat on the other side.

### 6 CHILD'S POSE

Begin on the hands and the knees with the knees slightly wider than the hips and the toes close to touching. Slowly begin to sit the hips back toward the heels, resting the hips on the heels if possible or keeping them slightly lifted. Extend the spine down, place the forehead to the floor, and relax the torso in between the thighs. The arms are relaxed on the floor, either extending overhead or bent near the shoulders. Take 10 deep breaths in this position.

*To finish...*

### RELAXATION WITH EXTENDED EXHALE BREATHING

Lie down on the back or sit in a comfortable position. Close the eyes and relax completely. Deeply inhale for a count of five, and deeply exhale for a count of 10. Feel the mind and body relax with each breath. Repeat for 10 to 20 breaths. Sit upright and bring the hands together in front of the heart to close your practice.



# YOGA

## EQUIPMENT:

Yoga mat & yoga block, if desired

## WEEK 3 SERIES:

Hip Strength and Stability

### 1 WARRIOR I

From a standing position, step back into a Forward Lunge (from Week 2 Series). Turn the back foot to a 45-degree angle, making sure the heels are in alignment with the hips. Bend into the front knee while pressing through the outer edge of the back foot. Face the torso forward toward the front knee and extend the arms overhead. Take 5 to 10 deep breaths in this position. Return to standing and repeat on the other side.

### 2 WARRIOR II

Begin in Warrior I with the left foot forward. Reach the left hand forward and the right hand back, bringing the arms parallel to the ground. Turn the torso toward the right. Press evenly through both feet while reaching through the fingertips, engaging the whole body. Take 5 to 10 deep breaths in this position. Repeat on the other side.

### 3 REVERSE WARRIOR

Begin in Warrior II with the left foot forward. Place the back-right hand on the outside of the right thigh or on the right hip. Reach the left hand overhead and lean back slightly. Gaze up at the left hand and take five deep breaths. Repeat on the other side.

### 4 SIDE ANGLE

Begin in Warrior II with the left foot forward. Reach the left hand and torso forward and down. Bring the fingertips to the floor or a block at the inside of the left foot or bend the elbow and place the forearm on the thigh for more support. Extend the right hand overhead. Open the chest and torso toward the right side. Take five deep breaths in this position. Repeat on the other side.

### 5 PIGEON—REGULAR OR SUPINE

Begin in a Forward Lunge with the left foot forward and the back-right knee to the floor with the hands on the floor on either side of the left foot. Move the left foot over toward the right hand and bring the knee to the floor near the left hand. Lower the right leg and hips toward the floor carefully while stretching the hips. Take 10 deep breaths in this position, lowering the hips slightly with each exhale, if possible. Come out of the pose by pushing back onto hands and the knees or into Downward Dog. Repeat on the other side.

**NOTE:** Pigeon Pose can also be done on the back for a more relaxed stretch. Lie on the back and bend the knees. Cross the right ankle over the left thigh, keeping the knees parallel to one another. Reach forward and hold the back of the left thigh and pull the leg toward the chest, keeping the spine on the ground. Take 10 deep breaths in this position and repeat on the other side.

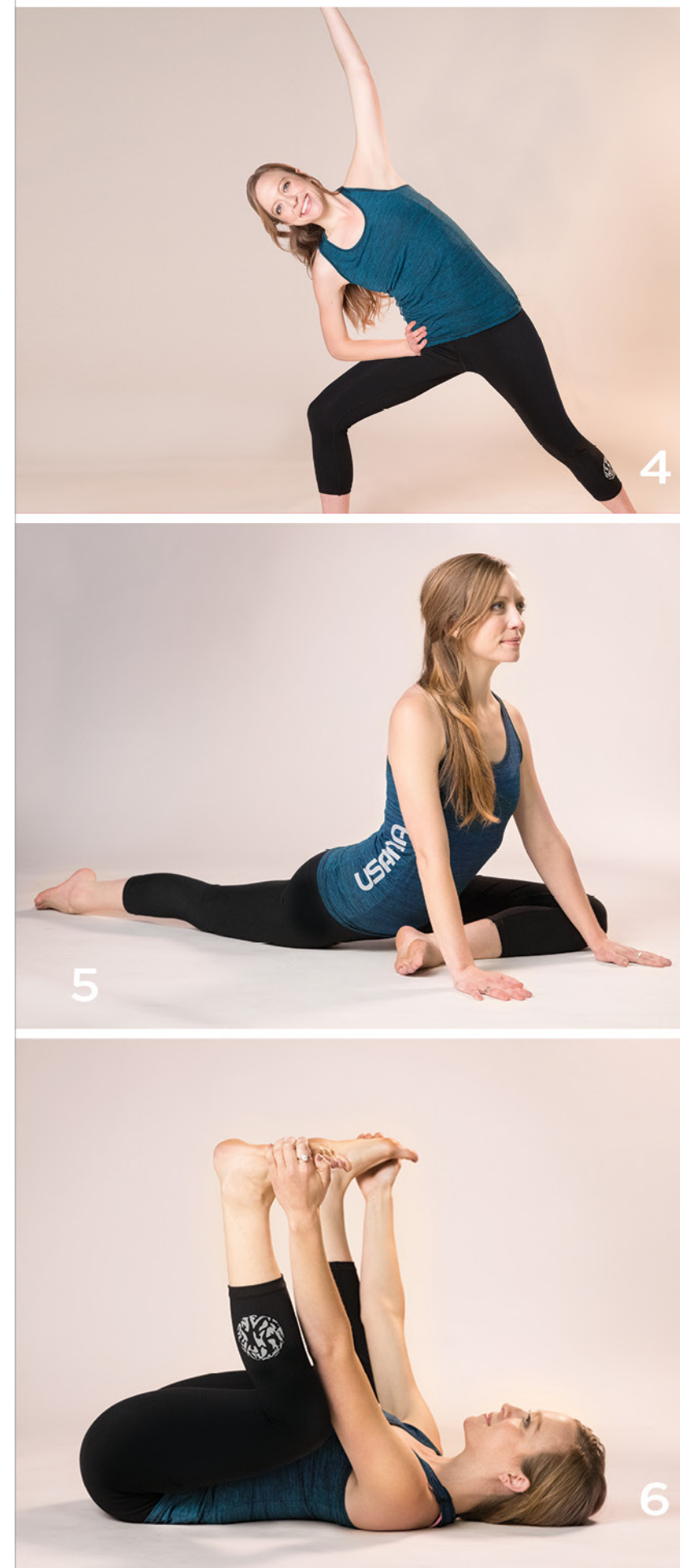
### 6 HAPPY BABY

Lie on the back with the knees bent. Separate the knees and flex the feet with the soles of the feet toward the sky. Reach between the knees and hold onto the outside of the feet. Pull the knees down toward the shoulders while keeping the spine on the floor. If desired, rock side to side or bend and straighten the legs. Take 10 deep breaths in this position. Release the feet and relax the legs to the floor.

*To finish...*

### RELAXATION WITH FOUR PART BREATH

Lie down on the back or sit in a comfortable position. Close the eyes and relax completely. Begin Four Part Breathing: deeply inhale for a count of four, suspend the breath in for a count of four, exhale for a count of four, and suspend the breath out for a count of four. Repeat for 10 to 20 rounds. Sit upright and bring the hands together in front of the heart to close your practice. (not pictured)





# YOGA

## EQUIPMENT:

Yoga mat & yoga block, if desired

## WEEK 4 SERIES:

Balance and Core Strength

### 1 TREE POSE

Stand with both feet firmly on the floor. Pressing through the left foot to stabilize the leg, bend and open the right knee while lifting the foot off the floor. Place the sole of the foot at the inside of the left leg either above or below the knee. Press the foot into the leg and the leg back into the foot to increase stability. Hands can be together at the heart or reaching overhead. Take five deep breaths in this position. Return to standing and repeat on the other side.

### 2 WARRIOR III

Stand with both feet firmly on the floor. Inhale and reach the arms up and lift the right leg off the ground. Slowly extend the leg backward while tipping the arms and torso forward, reaching the fingers away from the toes. Keep the hips level with each other and tip forward as much as comfortable while maintaining balance. As balance improves with practice, begin to lower the torso and arms to parallel with the floor. Take five deep breaths in this position and inhale to return to standing. Repeat on the other side.

### 3 BOAT POSE

Sitting on the floor, bend the knees and bring them together with the soles of the feet on the floor. Hold onto the back of the upper legs above the knees. Keeping the spine straight, lean back until the arms are extended and lift the feet off the floor. Take deep breaths and feel the abdomen engage with each exhale. To increase the intensity, release the hold on the legs and reach the arms forward or overhead. Take 5 to 10 deep breaths in this pose.



### 4 BRIDGE POSE

Lie down with the back on the floor, the knees bent and the soles of the feet on the floor in front of the hips. Arms are down at the side of the body. Gently press the feet into the floor and lift the hips and abdomen toward the sky. Press firmly with the feet, shoulders, and arms into the ground to support a stable back bend. The head is relaxed and the neck is neutral. Take 5 to 10 deep breaths in this position. Exhale to relax the back down to the floor one vertebrae at a time.

### 5 RELAXATION WITH ALTERNATE NOSTRIL BREATHING

Sit in a comfortable position on the floor or in a chair. Bring the right hand up and place the pointer and middle finger on the forehead between the eyebrows. Close the left nostril with the ring finger. Inhale through the right nostril. Then close the right nostril with the thumb while opening the left nostril and exhale through the left nostril. Now inhale through the left nostril and exhale through the right nostril. Continue Alternate Nostril Breathing for 10 rounds, finishing with an exhale through the right side. Relax the hand down and take a few deep breaths through the nose. Bring the hands together in front of the heart to close your practice.

*Namaste!*

"The light in me honours the light in you."





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