

BENDY BABES

30 DAY SPLIT GUIDE

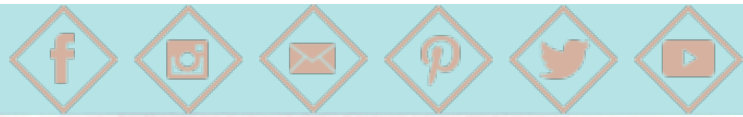
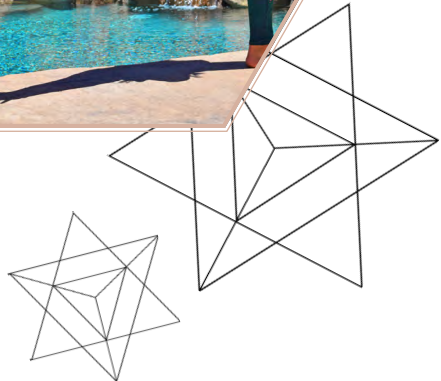


by Kylan Fischer



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ABOUT KYLAN

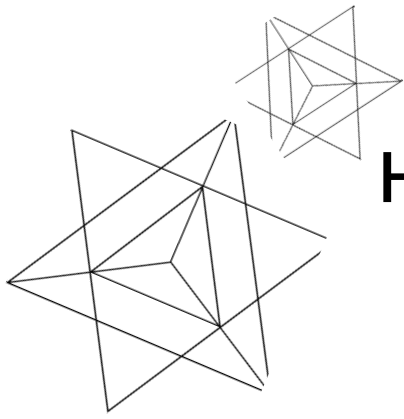


Hi! My name is Kylan Fischer. I am a collector of hobbies. To name a few, I surf, dance, hike, sail, scuba dive, travel, wear mermaid tails, cook vegan food, and save all the stray animals. I also LOVE everything fitness. You've probably already guessed that I am super into yoga, but I also do a lot of pilates, running, cycling classes, and look forward to sweaty Friday night dates with the stair-master. I have been vegan most of my life and love sharing my favorite recipes on my blog.

I earned my Bachelor's in Marketing from CSULB in 2012, which was also the year I earned my 200hr Yoga Alliance Certification and decided that teaching people the magic of yoga was more important to me than climbing the corporate ladder. I am lucky enough to spread this magic all over the world throughout my instagram, online yoga classes, retreats, and workshops. I am a firm believer that your health is your wealth, and not to brag, but I'm pretty healthy. ;) I currently teach yoga, pilates, and dance classes at my family owned studio, K2 Studios, as well as teach international clients via Skype. I am also an ambassador and yoga model for Alo Yoga which has led me to meet so many like minded souls around the world.

Why I Wrote This Ebook:

I grew up in Southern California as a dancer. I dedicated 20-30 hours per week attending dance classes for the majority of my childhood and teenage years. In addition to joining my High School Advanced Dance team my freshman year, I also did competitive dance teams ranging in styles; however, ballet stole my heart. On my "breaks" from dance teams I would attend Russian ballet camps and fill my free time with a zillion ballet classes per week. As a dancer the most crucial requirement is the SPLITS! When I was younger, my mom enrolled me in private lessons solely to focus on getting my full splits. So, it's pretty easy to say that between all of my training, teaching, and researching, I have spent hundreds of hours on my splits. As a yoga and dance instructor I get asked daily for advice, tips, and tricks on how to get the full splits. So I wrapped up all of my years of experience into one comprehensive guide, including all of my favorite stretches that will help you on your split journey. Whether you are a dancer, an athlete, or a yogi who just wants to get a little more flexible, this guide is for you.



HOW TO USE THIS GUIDE

30 DAY SPLIT GUIDE

This 30-day guide will provide you with a series of poses meant to deepen your splits. The goal is that you learn the most effective stretches as well as correct alignment to help you achieve your split goals. In order to deepen your splits, you will need to hold poses for a long period of time. These long holds help to release deeper muscle tension. With that in mind, the daily routines will feel very similar to yin yoga. Achieving your full splits in the 30 outlined days will depend on your starting point, as those more experienced will have a quicker progression. If you are far away from your full split, then you can simply repeat this guide multiple times to help you achieve your goals. I encourage you to take daily progress pics so you can see how much you're actually improving. It is truly remarkable to look back on your progress!

This book is broken up into 3 sections (10 days at a time). Every day will start with a short warm up, Sun Salutation A or Sun Salutation B, which are explained in the "warm-up" section. The first 10 days you will be given 6 poses, the second 10 days you will be given 9 poses, and the last 10 days you will be given 12 poses. You will find that the first 10 days will take around 20-30 minutes, the 2nd 10 days will take about 30-40 minutes, and the last 10 days will take about 45+min. The poses will alternate so that some days you are resting certain muscles while stretching others. Every day will end with you repeating the sequence of poses on the left side or windshield wipers to counter balance your inner hip stretches. Each pose will have a given amount of time you should hold it for, so make sure you have a watch or timer close by so you can keep track of your time. You will also find a page number next to each pose throughout the guide in order to easily look up the explanation of the pose. This guide is interactive, meaning you can click on the pose names throughout the daily routines, and it will bring you to that pose in the dictionary. The pose dictionary describes how to do a pose, along with tips and other variations or modifications.

TIPS:

- **Breathing:** Controlled breathing is an essential part of yoga. Make sure you take deep inhales and deep exhales throughout every pose. Use your inhales to find more length in the poses and use your exhales to find more depth.
- **Listen to body:** Learn how to listen to what your body is telling you. If you feel like you have room to go deeper in a pose, then go for it. If you feel like a pose is causing pain or is uncomfortable, then modify the pose or skip it all together. Yes, you should feel a good stretch, but never pain. Do not force anything.
- **Timing:** The times given to hold poses are my recommendations. If you feel like holding poses longer, and it feels good for you, then do it! But if you feel like some holds are too long for you, then shorten the time and build your way up.
- **Progress:** Take progress pics! On day one make sure you take your before photo in each of your splits. I encourage you to take daily progress pics in your splits. It is so fun to be able to see your improvement.



FAQ

Question: Can I get my full splits in 30 days?

Answer: It depends on your starting point. If you are super tight you may have to repeat the guide a few times to get there. Every body is different, so I encourage you to listen to yours throughout your split journey.

Question: I am not flexible; can I still do yoga?

Answer: Yoga is for everyone. If you are not flexible, then you should definitely be doing yoga to help with your flexibility.

Question: Can I still do the splits if I lift weights?

Answer: Yes. If you like to lift weights, stretching should be a crucial part of your routine to prevent injury and speed recovery.

Question: How do I know if I am stretching deep enough?

Answer: When you stretch, try to think of what you are feeling on a scale of 1-10. 1 is barely feeling a stretch, 10 is the absolute max you can go without injury. Like anything in life, you will get out what you put in. If you stretch to a 5 then you would be maintaining or slowly increasing your basic flexibility. Pushing yourself to an 8-9 is where you will see the most improvement. But always listen to your body, make sure to not push it to the max every single day. If you feel like you need to tone it down some days and recover, then do so.

By purchasing this book, you agree to not hold the creator responsible for any injuries resulting from following the regimen described. This book and its components are offered for informational purposes only; this book shall not be responsible or liable for the accuracy, usefulness or availability of any information transmitted or made available via the book, and shall not be responsible or liable for any error or omissions in that information. The owner reserves the right to change the terms and conditions as they see fit. The e-book is the authors own creation and cannot be reproduced or copied for any intents or purposes.



@Bendy_Babes

Together we are stronger.
Together we can do anything!

Lets stay connected.

Follow @Bendy_Babes and join the #BendyBabeSquad where we will encourage each other and build each other up! I want to see your progress pics! Post your daily progress pics and tag

@Bendy_Babes & #BendyBabeSquad

Each week I will be reposting your photos to inspire your fellow Bendy Babes!



30 DAY SPLIT GUIDE

*The success of your future
is hidden in your
daily routine.*

DAY 1

WARM UP: SUN SALUTATION A X 3 (pg. 39)

1. Seated Fold A
(pg. 66)

2 min



2. Seated Fold B
Right Side (pg. 67)

2 min



3. Seated Fold C
Right Side (pg. 68)

2 min



4. Reclined Hero Half
Right Side (pg. 64)

2 min



5. Low Lunge B
Right Side (pg. 55)

2 min



6. Split
Right (pg. 77)

2 min



***Remember to take your progress pic!**

REPEAT POSES 1-6 ON LEFT SIDE

DAY 2

WARM UP: SUN SALUTATION A X 3 (pg. 39)

1. Reclined Butterfly Wall
(pg. 61)

2 min



2. Reclined Straddle Wall
(pg. 75)

3 min



3. Reclined Pigeon Wall
Right x Left (pg. 65)

2 min



4. Seated Straddle
(pg. 70)

3 min



5. Frog
(pg. 49)

2 min



6. Split
Middle (pg. 76)

2 min



END: WINDSHIELD WIPERS (pg. 78)

DAY 3

WARM UP: SUN SALUTATION A X 3 (pg. 39)

1. Pigeon A
Right (pg. 57)

2 min



2. Pigeon B
Right (pg. 58)

2 min



3. Seated Fold C
Right (pg. 68)

2 min



4. Reclined Hero Half
Right (pg. 64)

2 min



5. Low Lunge A
Right (pg. 54)

2 min



6. Split
Right (pg. 77)

2 min



REPEAT POSES 1-6 ON LEFT SIDE

DAY 4

WARM UP: SUN SALUTATION A X 3 (pg. 39)

1. Butterfly
(pg. 45)

3 min



2. Seated Straddle Half
Right x Left (pg. 69)

2 min



3. Seated Straddle
(pg. 70)

3 min



4. Pigeon A
Right x Left (pg. 57)

3 min



5. Frog
(pg. 49)

2 min



6. Split
Middle (pg. 76)

2 min



END: WINDSHIELD WIPERS (pg. 78)

DAY 5

WARM UP: SUN SALUTATION A X 3 (pg. 39)

1. Low Lunge A
Right (pg. 54)

2 min



2. Half Split
Right (pg. 51)

2 min



3. Low Lunge B
Right (pg. 55)

2 min



4. Half Split
Right (pg. 51)

2 min



5. Low Lunge C
Right (pg. 56)

2 min



6. Split
Right (pg. 77)

3 min



REPEAT POSES 1-6 ON LEFT SIDE

DAY 6

WARM UP: SUN SALUTATION A X 3 (pg. 39)

1. Standing Wide Fold A
(pg. 73)



1 min

2. Standing Wide Fold B
(pg. 74)



1 min

3. Side Lunge
Right x Left (pg. 71)



1 min

4. Butterfly
(pg. 45)



4 min

5. Straddle Wall
(pg. 75)



5 min

6. Split
Middle (pg. 76)



2 min

END: WINDSHIELD WIPERS (pg. 78)

DAY 7

WARM UP: SUN SALUTATION A X 3 (pg. 39)

1. Standing Forward Fold
(pg. 72)

1 min



2. Reclined Hero
(pg. 63)

2 min



3. Pigeon A
Right (pg. 57)

5 min



4. Seated Fold B
Right (pg. 67)

2 min



5. Seated Fold C
Right (pg. 68)

2 min



6. Split
Right (pg. 77)

3 min



REPEAT POSES 3-6 ON LEFT SIDE

DAY 8

WARM UP: SUN SALUTATION A X 3 (pg. 39)

1. Seated Straddle
(pg. 70)

3 min



2. Butterfly
(pg. 45)

3 min



3. Pigeon A
Right x Left (pg. 57)

5 min



4. Frog
(pg. 49)

5 min



5. Happy Baby
(pg. 52)

1 min



6. Split
Middle (pg. 76)

3 min



END: WINDSHIELD WIPERS (pg. 78)

DAY 9

WARM UP: SUN SALUTATION A X 3 (pg. 39)

1. Standing Forward Fold
(pg. 72)

2 min



2. Pyramid Right
(pg. 59)

2 min



3. Rag Doll
(pg. 60)

2 min



4. Low Lunge B
Right (pg. 55)

2 min



5. Low Lunge C
Right (pg. 56)

2 min



6. Split
Right (pg. 77)

3 min



REPEAT POSES 1-6 ON LEFT SIDE

DAY 10

WARM UP: SUN SALUTATION A X 3 (pg. 39)

1. Standing Wide Fold B
(pg. 74)

1 min



2. Low Squat
(pg. 53)

1 min



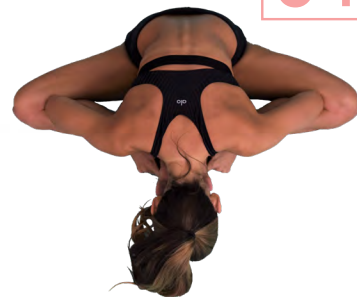
3. Side Lunge
Right x Left (pg. 71)

1 min



4. Butterfly
(pg. 45)

5 min



5. Straddle On Wall
(pg. 75)

5 min



6. Split
Middle (pg. 76)

4 min



END: WINDSHIELD WIPERS (pg. 78)

DAY 11

WARM UP: SUN SALUTATION B X 3 (pg. 39)

1. Standing Forward Fold
(pg. 72)

1 min



2. Pyramid
Right (pg. 59)

1 min



3. Low Lunge A
Right (pg. 54)

1 min



4. Half Split
Right (pg. 51)

2 min



5. Low Lunge B
(pg. 55)

2 min



6. Low Lunge C
Right (pg. 56)

2 min



7. Down Dog One
Leg Wall
Right (pg. 48)

1 min



8. Reclined Split
Right (pg. 62)

2 min



9. Split
Right (pg. 77)

3 min



REPEAT POSES 1-9 ON LEFT SIDE

DAY 12

WARM UP: SUN SALUTATION B X 3 (pg. 39)

1. Goddess
(pg. 50)

1 min



2. Standing
Wide Fold A
(pg. 73)

1 min



3. Standing
Wide Fold B
(pg. 74)

1 min



4. Side Lunge
Right x Left (pg. 71)

1 min



5. Low Squat
(pg. 53)

1 min



6. Seated Straddle
Half
Right x Left (pg. 69)

3 min



7. Seated Straddle
(pg. 70)

5 min



8. Frog
(pg. 49)

5 min



9. Split
Middle (pg. 76)

5 min



END: WINDSHIELD WIPERS (pg. 78)

DAY 13

WARM UP: SUN SALUTATION B X 3 (pg. 39)

1. Rag Doll
(pg. 60)

1 min



2. Standing Forward Fold
(pg. 72)

1 min



3. Down Dog
(pg. 47)

1 min



4. Low Lunge B
Right x Left (pg. 55)

3 min



5. Reclined Hero
(pg. 63)

2 min



6. Seated Fold A
(pg. 66)

4 min



7. Seated Straddle
(pg. 70)

5 min



8. Split
Right x Left (pg. 77)

4 min



9. Split
Middle (pg. 76)

4 min



END: WINDSHIELD WIPERS (pg. 78)

DAY 14

WARM UP: SUN SALUTATION B X 3 (pg. 39)

1. Seated Fold A
Right (pg. 66)

2 min



2. Seated Fold B
Right (pg. 67)

2 min



3. Seated Fold C
Right (pg. 68)

2 min



4. Reclined Hero Half
Right (pg. 64)

2 min



5. Pigeon A
Right (pg. 57)

2 min



6. Pigeon B
Right (pg. 58)

1 min



7. Low Lunge B
Right (pg. 55)

2 min



8. Half Split
Right (pg. 51)

2 min



9. Split
Right (pg. 77)

4 min



REPEAT POSES 1-9 ON LEFT SIDE

DAY 15

WARM UP: SUN SALUTATION B X 3 (pg. 39)

1. Butterfly
(pg. 45)

5 min



2. Seated Straddle
Half
Right (pg. 69)

2 min



3. Seated Straddle
(pg. 70)

3 min



4. Seated Straddle
Half
Left (pg. 69)

2 min



5. Seated Straddle
(pg. 70)

3 min



6. Frog
(pg. 49)

3 min



7. Happy Baby
(pg. 52)

2 min



8. Straddle On Wall
(pg. 75)

5 min



9. Split
Middle (pg. 76)

5 min



***Remember to take your progress pic!**

END: WINDSHIELD WIPERS (pg. 78)

DAY 16

WARM UP: SUN SALUTATION B X 3 (pg. 39)

1. Reclined Butterfly Wall
(pg. 61)

2 min



2. Reclined Pigeon Wall
Right x Left (pg. 65)

2 min



3. Straddle On Wall
(pg. 75)

4 min



4. Frog
(pg. 49)

3 min



5. Split
Middle (pg. 76)

3 min



6. Low Lunge B
Right (pg. 55)

1 min



7. Half Split
Right (pg. 51)

2 min



8. Low Lunge C
Right (pg. 56)

2 min



9. Split
Right (pg. 77)

4 min



REPEAT POSES 6-9 ON LEFT SIDE

DAY 17

WARM UP: SUN SALUTATION B X 3 (pg. 39)

1. Standing Forward Fold
Fold
(pg. 72)

1 min



2. Pyramid
Right (pg. 59)

1 min



3. Crescent Lunge
Right (pg. 46)

1 min



4. Half Split
Right (pg. 51)

2 min



5. Low Lunge C
Right (pg. 56)

1 min



6. Seated Fold A
Right (pg. 66)

3 min



7. Seated Fold C
Right (pg. 68)

3 min



8. Reclined Split
Right (pg. 62)

2 min



9. Split
Right (pg. 77)

5 min



REPEAT POSES 1-9 ON LEFT SIDE

DAY 18

WARM UP: SUN SALUTATION B X 3 (pg. 39)

1. Standing Wide Fold A
(pg. 73)

2 min



2. Standing Wide Fold B
(pg. 74)

2 min



3. Side Lunge
Right x Left
(pg. 71)

2 min



4. Low Squat
(pg. 53)

2 min



5. Seated Straddle
(pg. 70)

5 min



6. Butterfly
(pg. 45)

4 min



7. Happy Baby
(pg. 52)

2 min



8. Frog
(pg. 49)

3 min



9. Split
Middle (pg. 76)

5 min



END: WINDSHIELD WIPERS (pg. 78)

DAY 19

WARM UP: SUN SALUTATION B X 3 (pg. 39)

1. Butterfly
(pg. 45)

2 min



2. Seated Straddle
(pg. 70)

2 min



3. Frog
(pg. 49)

2 min



4. Split
Middle (pg. 76)

2 min



5. Pigeon A
Right (pg. 57)

4 min



6. Pigeon B
Right (pg. 58)

2 min



7. Seated Fold C
Right (pg. 68)

3 min



8. Reclined Hero Half
Right (pg. 64)

2 min



9. Split
Right (pg. 77)

4 min



REPEAT POSES 5-9 ON LEFT SIDE

DAY 20

WARM UP: SUN SALUTATION B X 3 (pg. 39)

1. Down Dog
(pg. 47)

1 min



2. Crescent Lunge
Right (pg. 46)

1 min



3. Pyramid
Right (pg. 59)

1 min



4. Low Lunge B
Right (pg. 55)

2 min



5. Low Lunge A
Right (pg. 54)

2 min



6. Half Split
Right (pg. 51)

2 min



7. Low Lunge C
Right (pg. 56)

2 min



8. Half Split
Right (pg. 51)

2 min



9. Split
Right (pg. 77)

4 min



REPEAT POSES 1-9 ON LEFT SIDE

DAY 21

WARM UP: SUN SALUTATION A X 3 & B x 2 (pg. 39)

1. Standing Forward Fold
(pg. 72)

1 min



2. Goddess
(pg. 50)

1 min



3. Standing Wide Fold A
(pg. 73)

1 min



4. Standing Wide Fold B
(pg. 74)

1 min



5. Side Lunge
Right x Left (pg. 71)

1 min



6. Low Squat
(pg. 53)

2 min



7. Reclined Hero
(pg. 63)

3 min



8. Seated Straddle
(pg. 70)

5 min



9. Seated Straddle Half
Right x Left (pg. 69)

3 min



10. Frog
(pg. 49)

5 min



11. Happy Baby
(pg. 52)

2 min



12. Split
Middle (pg. 76)

5 min



END: WINDSHIELD WIPERS (pg. 78)

DAY 22

WARM UP: SUN SALUTATION A X 3 & B x 2 (pg. 39)

1. Crescent Lunge Right (pg. 46)

1 min



2. Low Lunge A Right (pg. 54)

1 min



3. Half Split Right (pg. 51)

2 min



4. Low Lunge B Right (pg. 55)

2 min



5. Half Split Right (pg. 51)

2 min



6. Low Lunge C Right (pg. 56)

1 min



7. Half Split Right (pg. 51)

2 min



8. Split Right (pg. 77)

3 min



REPEAT POSES 1-8 ON LEFT SIDE

9. Butterfly (pg. 45)

3 min



10. Frog (pg. 49)

3 min



11. Seated Straddle (pg. 70)

5 min



12. Split Middle (pg. 76)

5 min



END: WINDSHIELD WIPERS (pg. 78)

DAY 23

WARM UP: SUN SALUTATION A X 3 & B x 2 (pg. 39)

1. Rag Doll
(pg. 60)

1 min



2. Low Squat
(pg. 53)

1 min



3. Standing Forward Fold
(pg. 72)

1 min



4. Pyramid Right
(pg. 59)

1 min



5. Low Lunge A Right
(pg. 54)

1 min



6. Half Split Right
(pg. 51)

2 min



7. Low Lunge B Right
(pg. 55)

2 min



8. Half Split Right
(pg. 51)

2 min



9. Low Lunge C Right
(pg. 56)

2 min



10. Down Dog One Leg Wall Right
(pg. 48)

1 min



11. Reclined Split Right
(pg. 62)

2 min



12. Split Right
(pg. 77)

5 min



REPEAT POSES 4- 12 ON LEFT SIDE

DAY 24

WARM UP: SUN SALUTATION A X 3 & B x 2 (pg. 39)

1. Low Squat
(pg. 53)

1 min



2. Seated Fold A
(pg. 66)

3 min



3. Butterfly
(pg. 45)

4 min



4. Seated Straddle
(pg. 70)

3 min



5. Seated Straddle Half
Right x Left (pg. 69)

3 min



6. Seated Straddle
(pg. 70)

3 min



7. Reclined Butterfly Wall
(pg. 61)

2 min



8. Reclined Pigeon Wall
Right x Left (pg. 65)

2 min



9. Straddle On Wall
(pg. 75)

5 min



10. Happy Baby
(pg. 52)

1 min



11. Frog
(pg. 49)

4 min



12. Split Middle
(pg. 76)

5 min



END: WINDSHIELD WIPERS (pg. 78)

DAY 25

WARM UP: SUN SALUTATION A X 3 & B x 2 (pg. 39)

1. Seated Fold A
Right (pg. 66)

2 min



2. Seated Fold B
Right (pg. 67)

2 min



3. Seated Fold C
Right (pg. 68)

3 min



4. Reclined Hero
Half
Right (pg. 64)

2 min



REPEAT POSES 1-4 ON LEFT SIDE

5. Butterfly
(pg. 45)

3 min



6. Pigeon A
Right (pg. 57)

3 min



7. Pigeon B
Right (pg. 58)

2 min



8. Split
Right (pg. 77)

5 min



REPEAT POSES 5-8 ON LEFT SIDE

9. Seated Straddle
(pg. 70)

3 min



10. Seated
Straddle Half
Right (pg. 69)

1 min



11. Frog
(pg. 49)

3 min



12. Split
Middle (pg. 76)

5 min



END: WINDSHIELD WIPERS (pg. 78)

DAY 26

WARM UP: SUN SALUTATION A X 3 & B x 2 (pg. 39)

1. Standing Forward Fold (pg. 72)

1 min



2. Low Lunge B Right (pg. 55)

2 min



3. Half Split Right (pg. 51)

2 min



4. Low Lunge A Right (pg. 54)

2 min



5. Half Split Right (pg. 51)

2 min



6. Low Lunge C Right (pg. 56)

2 min



7. Pigeon A Right (pg. 57)

4 min



8. Pigeon B Right (pg. 58)

2 min



9. Seated Fold C Right (pg. 68)

3 min



10. Reclined Hero Half Right (pg. 64)

2 min



11. Down Dog One Leg Wall Right (pg. 48)

1 min



12. Split Right (pg. 77)

4 min



REPEAT POSES 2- 12 ON LEFT SIDE

DAY 27

WARM UP: SUN SALUTATION A X 3 & B x 2 (pg. 39)

1. Goddess Pose
(pg. 50)

1 min



2. Standing Wide Fold B
(pg. 74)

1 min



3. Side Lunge
Right x Left
(pg. 71)

1 min



4. Low Squat
(pg. 53)

1 min



5. Pigeon A
Right (pg. 57)

5 min



6. Pigeon B
Right (pg. 58)

2 min



7. Reclined
Hero Half
Right (pg. 64)

2 min



8. Seated
Straddle
(pg. 70)

5 min



REPEAT POSES 5-7 ON LEFT SIDE

9. Happy Baby
(pg. 52)

2 min



10. Reclined
Straddle on Wall
(pg. 75)

5 min



11. Frog
(pg. 49)

5 min



12. Split
Middle (pg. 76)

5 min



END: WINDSHIELD WIPERS (pg. 78)

DAY 28

WARM UP: SUN SALUTATION A X 3 & B x 2 (pg. 39)

1. Seated Fold B Right (pg. 67)

2 min



2. Seated Fold C Right (pg. 68)

2 min



3. Reclined Hero Half Right (pg. 64)

2 min



4. Pigeon A Right (pg. 57)

3 min



REPEAT POSES 1-4 ON LEFT SIDE

5. Seated Fold A (pg. 66)

2 min



6. Butterfly (pg. 45)

4 min



7. Seated Straddle (pg. 70)

4 min



8. Frog (pg. 49)

2 min



9. Split Middle (pg. 76)

4 min



10. Half Split Right (pg. 51)

2 min



11. Low Lunge C Right (pg. 56)

2 min



12. Split Right (pg. 77)

4 min



REPEAT POSES 10-12 ON LEFT SIDE

DAY 29

WARM UP: SUN SALUTATION A X 3 & B x 2 (pg. 39)

1. Down Dog
(pg. 47)

1 min



2. Crescent
Lunge
Right (pg. 46)

1 min



3. Pyramid Pose
Right (pg. 59)

1 min



4. Standing
Forward Fold
(pg. 72)

1 min



5. Low Lunge A
Right (pg. 54)

2 min



6. Half Split
Right (pg. 51)

2 min



7. Low Lunge B
Right (pg. 55)

2 min



8. Half Split
Right (pg. 51)

2 min



9. Low Lunge C
Right (pg. 56)

2 min



10. Down Dog
One Leg Wall
Right (pg. 48)

1 min



11. Reclined Split
Right (pg. 62)

2 min



12. Split
Right (pg. 77)

5 min



REPEAT POSES 1-12 ON LEFT SIDE

DAY 30

WARM UP: SUN SALUTATION A X 3 & B x 2 (pg. 39)

1. Rag Doll
(pg. 60)

2 min



2. Low Squat
(pg. 53)

2 min



3. Standing
Wide Fold A
(pg. 73)

2 min



4. Standing
Wide Fold B
(pg. 74)

2 min



5. Side Lunge
Right x Left
(pg. 71)

2 min



6. Butterfly
(pg. 45)

4 min



7. Seated
Straddle
(pg. 70)

4 min



8. Seated
Straddle Half
Right x Left (pg. 69)

2 min



9. Straddle
On Wall
(pg. 75)

4 min



10. Happy Baby
(pg. 52)

2 min



11. Frog
(pg. 49)

2 min



12. Split
Right (pg. 77)

5 min



***Remember to take your progress pic!**

END: WINDSHIELD WIPERS (pg. 78)



WARM UPS

SUN SALUTATION A
&
SUN SALUTATION B



Sun Salutations are used as a warm up in traditional yoga classes. They offer the perfect combination of strength and flexibility. Each day I recommend that you practice a few Sun Salutations to warm up before you practice your stretches. If you want to change it up and practice more than the recommended number, then feel free!

SUN SALUTATION A



1



2

INHALE



3

EXHALE



4

INHALE



5

EXHALE



6

INHALE



7

EXHALE



8

INHALE



9

EXHALE



10

INHALE



11

EXHALE

HOW TO:

1. TADASANA: Standing mountain pose at the top of your mat.
2. URDVHA HASTASANA: Inhale reach up.
3. UTTANASANA: Exhale fold forward.
4. ARDHA UTTANASANA: Inhale half way lift.
5. CHATTURANGA DANDASANA: Exhale step or float back.
6. URDVHA MUKHA SVANASANA: Inhale scoop up.
7. ADHO MUKHA SVANASANA: Exhale to Down Dog. Stay here for 5 breaths.
8. ARDHA UTTANASANA: Inhale step or float to front for half way lift.
9. UTTANASANA: Exhale fold forward.
10. URDVHA HASTASANA: Inhale reach all the way back up.
11. TADASANA: Exhale hands down.

SUN SALUTATION B



1



2

INHALE



3

EXHALE



4

INHALE



5

EXHALE



6

INHALE



7

EXHALE



8

INHALE



9

EXHALE



10

INHALE



11

EXHALE



12

INHALE



13

EXHALE



14

INHALE



15

EXHALE



16

INHALE



17

EXHALE



18

INHALE



19

EXHALE

HOW TO:

1. TADASANA: Standing mountain pose at the top of your mat.
2. UTKATASANA: Inhale sit into chair pose as arms reach up.
3. UTTANASANA: Exhale fold forward.
4. ARDHA UTTANASANA: Inhale half way lift.
5. CHATTURANGA DANDASANA: Exhale step back, lower down.
6. URDVHA MUKHA SVANASANA: Inhale scoop up.
7. ADHO MUKHA SVANASANA: Exhale to Down Dog.
8. VIRABHADRASANA 1: Inhale step right foot forward reaching arms up, left foot slightly turned out, hips squared to front of mat.
9. CHATTURANGA DANDASANA: Exhale step back, lower down.
10. URDVHA MUKHA SVANASANA: Inhale scoop up.
11. ADHO MUKHA SVANASANA: Exhale to Down Dog.
12. . VIRABHADRASANA 1: Inhale step left foot forward reaching arms up, right foot slightly turned out, hips squared to front of mat.
13. CHATTURANGA DANDASANA: Exhale step back, lower down.
14. URDVHA MUKHA SVANASANA: Inhale scoop up.
15. ADHO MUKHA SVANASANA: Exhale to Down Dog. Stay for 5 breaths.
16. ARDHA UTTANASANA: Inhale step or float to front for half way lift.
17. UTTANASANA: Exhale fold forward.
18. UTKATASANA: Inhale sit into chair pose as arms reach up.
19. TADASANA: Exhale hands down.

POSE DICTIONARY

HOW TO DO EACH POSE



BUTTERFLY



TIPS:

- Think about reaching your chest to the ground.
- If you feel pain in your lower back, try sitting on the edge of a block or pillow. This allows your hips to slightly tilt forward, relieving tension in the low back.

HOW TO:

1. Start seated and bring the soles of your feet together. Use your thumbs to roll your feet open. Inhale as you sit up tall, rolling your shoulders back and down.
2. Exhale as you fold forward. Bring your elbows to your inner thighs to encourage your legs to open more.

CRESCENT LUNGE



TIPS:

- Keep your hips square and tuck your tailbone.
- Pull your shoulders away from your ears as you fully extend the arms up.
- Keep your front knee stacked over the ankle.

HOW TO:

1. From Down Dog, step one foot forward, staying on the ball of the back foot.
2. Inhale as you reach up, bringing your palms together.
3. Spend the next few breaths deepening this pose by adding a slight back bend.

DOWN DOG



TIPS:

- Feet should be hip width apart.
- If you cannot keep your back flat with straight legs, then bend your knees and lift your heels as you flatten your back.
- Gaze can be towards your navel or ankles.

HOW TO:

1. From your hands and knees, place your hands under your shoulders and spread your fingers wide like starfish.
2. Lift your knees off the mat as you reach your tailbone to the sky.
3. Lengthen and flatten your back as you straighten your knees and drop the heels.

DOWN DOG

1 LEG WALL



TIPS:

- Keep your knees as straight as you comfortably can.
- Press firmly into both hands and keep fingers spread wide.
- Keep your gaze towards your navel or ankles.

HOW TO:

1. Start in Down Dog with your heels touching the wall.
2. Lift one leg up and start to slide it up the wall.
3. Press through your hands and try to lift your leg higher with every breath.

FROG



TIPS:

- Feet should be in line with your knees.
- Keep your knees in line with your hips.
- Release your inner thighs as you sink deeper with each exhale.

HOW TO:

1. From a table top position, slide your knees out to the sides.
2. Prop yourself up on your forearms or lay your chest down and extend your arms out the sides.
3. You can use a blanket under each knee to make this more comfortable.

GODDESS



TIPS:

- Keep your knees pressing outwards, towards your pinky toes.
- To check your alignment, try this pose against a wall. Stand with your back flat against the wall, with knees and feet against the wall too.

HOW TO:

1. Take a wide step out to the side, turning your feet outwards.
2. Inhale as you reach up, then exhale as you bend your knees and bring your hands to the heart center.
3. Keep your tailbone tucked, and continue to sink deeper with every exhale. Option to bring your hands to your knees as you gently press them more open.

HALF SPLIT



TIPS:

- If you cannot reach the ground comfortably, try using blocks under your hands as you fold.



HOW TO:

1. From Down Dog, step one foot forward into a lunge and drop your back knee down.
2. Shift your weight back as you straighten your front leg and flex your front foot.
3. Inhale as you bring your hands to your hips and lengthen your spine.
4. Exhale as you fold forward, keeping your hips square and back flat. You can bring your hands to your front thigh for support or to the ground.

HAPPY BABY



TIPS:

- Pull down with your hands to deepen the stretch.
- Option to rock side to side.
- If you want to deepen this stretch, try straightening one leg at a time.

HOW TO:

1. Start laying on your back hugging your knees towards your chest.
2. Bring your peace fingers around your big toes as you bend your knees wide towards your armpits.
3. Try to press your tailbone down onto the mat.

LOW SQUAT



TIPS:

- Keep your chest lifted.
- Press your knees outwards towards your toes.
- Sway side to side, which will encourage thighs to open.
- Try to keep your heels down.

HOW TO:

1. From standing, step your feet mat distance apart with your toes slightly turned out.
2. Inhale as you reach up, exhale as you bend your knees while moving into a low squat.
3. Bring your hands to heart center as you press your elbows into your inner thighs.

LOW LUNGE A



TIPS:

- Keep your front knee stacked over your front ankle.
- Allow your hips to sink down towards the ground.
- Sway side to side to help loosen up your hips and sink deeper into the pose.

HOW TO:

1. From Down Dog, step one foot forward in between your hands. Bring your hands to the inside of the foot as you wiggle your right foot slightly out to the right side.
2. Drop your back knee down to the mat.
3. Slowly sink your hips down. Option to drop down to your forearms.

LOW LUNGE B



TIPS:

- Keep your front knee stacked over your front ankle.
- Option to bring your hands down to blocks.



HOW TO:

1. From Down Dog, step one foot forward in between your hands and drop your back knee down.
2. Bring your hands to your hips as you sink your hips down.
3. Draw your shoulders back and down. Keep your chest lifted.
4. Option to bring your hands down to the floor.

LOW LUNGE C



TIPS:

- Modify: Use a strap around your foot if you cannot reach.



HOW TO:

1. From Down Dog, step your right foot forward in between your hands and drop your back knee down.
2. Reach back with your left hand, grab your back foot and pull it in towards you.
3. Continue to pull your foot in closer towards your hips as you sink your hips down.

PIGEON

A



TIPS:

- To make the pose deeper, bring your front shin parallel with the front of your mat.
- Try your best to relax into this pose, letting go of any tension in the hips.

HOW TO:

1. From a table top position, bring your right knee forward setting it down behind your right wrist.
2. Keep your hips squared off to the front of the mat.
3. Option to come down to your forearms, or even lay your chest down to relax deeper into the pose.

PIGEON B



TIPS:

- Use a strap around your foot if you cannot reach.
- Make sure you are pulling the foot directly towards your hip, not at a diagonal.



HOW TO:

1. From a table top position, bring your right knee forward and set it down behind your right wrist.
2. Keep your hips squared off to the front of the mat.
3. Bend your back leg and grab your left foot with your left hand. Pull the foot in as far as you comfortably can.

PYRAMID



TIPS:

- If reverse namaste hands are not in your practice then simply grab opposite elbows.
- Option to bring your hands down to blocks.



HOW TO:

1. From standing, step one foot back about 3-4 feet.
2. Inhale as you stand tall, bringing your hands behind you in reverse namaste.
3. Exhale fold forward, keeping your hips square. Reach your chest forward and keep your spine long.

RAG DOLL



TIPS:

- Release any tension in your spine, letting your head hang.
- Allow gravity to pull you down and do the work.
- Bring your weight slightly into your toes.

HOW TO:

1. Start from a standing position. Spread your feet hip distance apart.
2. Inhale, reach your arms up to the sky.
3. Exhale, fold forward. Grab opposite elbows and let your torso hang forward.
4. Slowly rock side to side, releasing all tension from the upper body.

RECLINED BUTTERFLY WALL



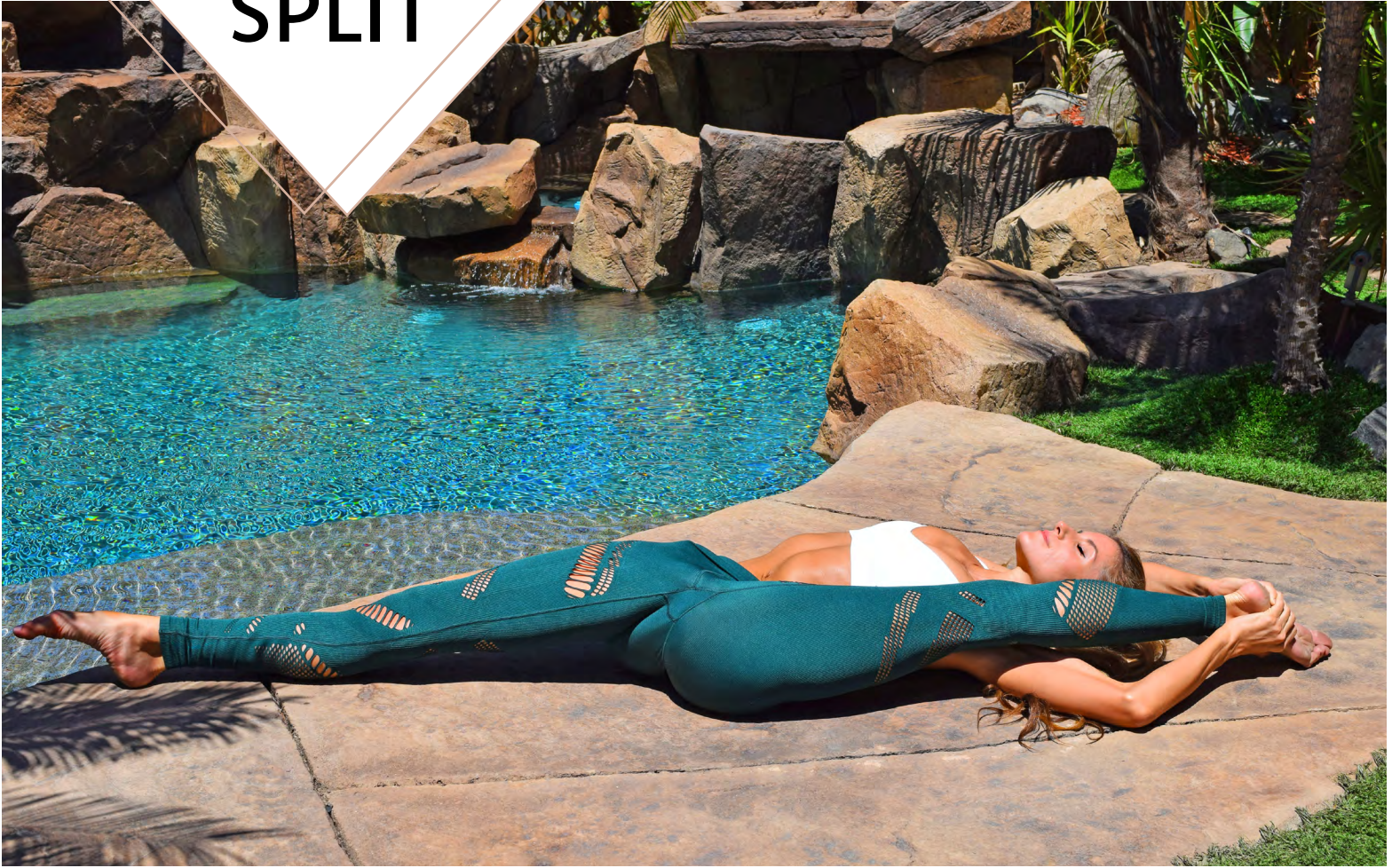
TIPS:

- You can place a blanket under your lower back for comfort and support.
- Relax your inner thighs.

HOW TO:

1. Start seated, sliding your hips against the wall. Lay back and bring your legs up the wall.
2. Slowly bend your knees and slide the soles of your feet together into a butterfly position.
3. Bring your hands to your thighs and gently press your legs open.

RECLINED SPLIT



TIPS:

- Option to do this pose with your hands around your foot or ankle if your flexibility allows.
- Keep your bottom leg pressed firmly down onto the mat.



HOW TO:

1. Start laying on your back, bend your right knee to your chest as you extend your left leg out in front of you.
2. Place a strap around the arch of your right foot as you straighten your right leg.
3. Every inhale find more length, every exhale pull your leg closer towards you to deepen the stretch.

RECLINED HERO



TIPS:

- Keep your knees down on the floor.
- You can bring your knees parallel if that feels better.
- If you cannot sit comfortably in between your feet, then try sitting on a blanket or pillow.

HOW TO:

1. Start kneeling, bring your knees together and feet slightly wider than your hips.
2. Sit down in between your feet.
3. Start to walk your hands back to deepen the stretch. Option to come down to your forearms, or even lay your back down on the floor.

RECLINED HERO HALF



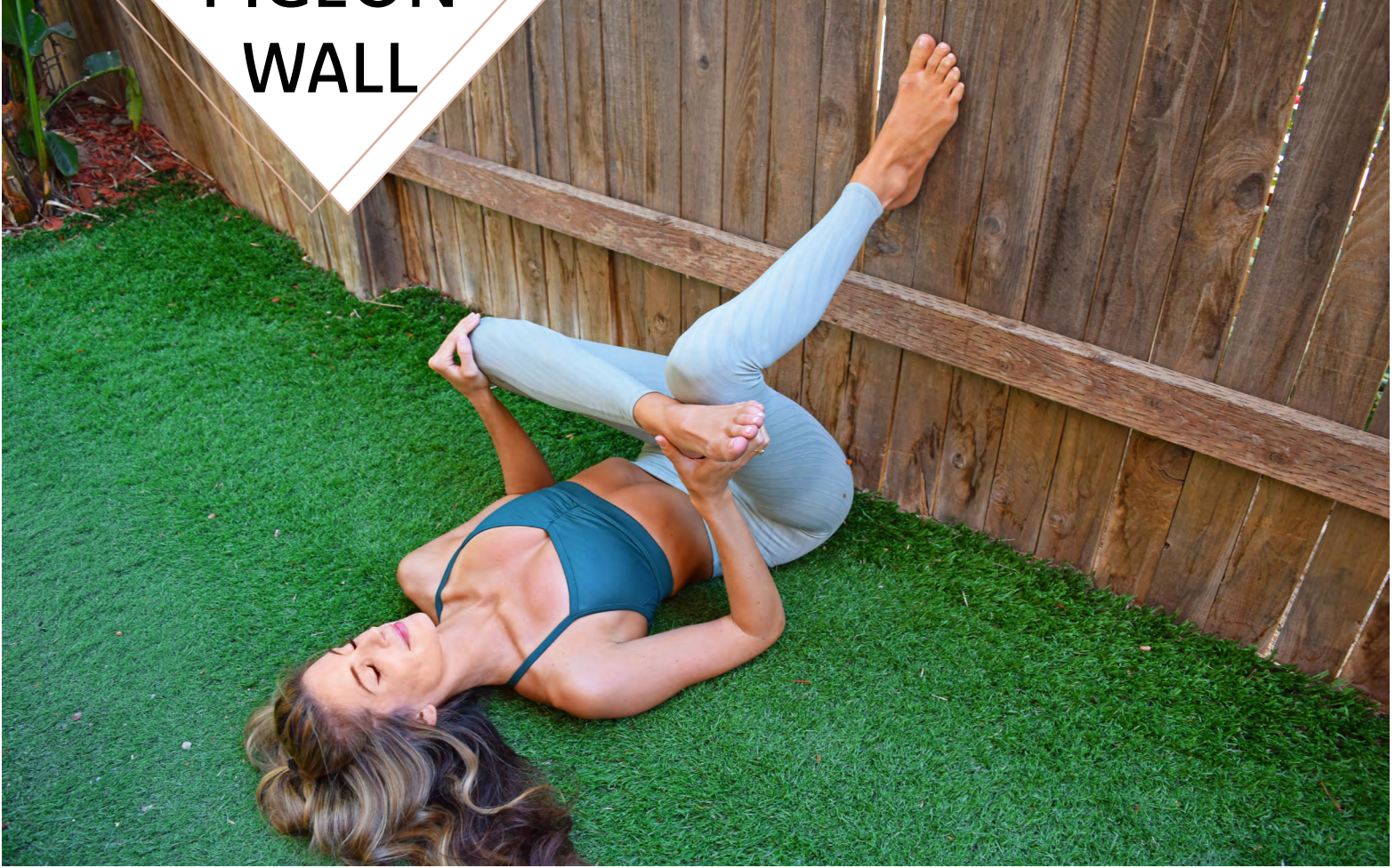
TIPS:

- Keep your right knee on the ground.
- Work slowly into this stretch. Give yourself time to settle in and take the deeper variations once you feel able.

HOW TO:

1. From a seated position, tuck your right leg behind you and extend your left leg out in front of you.
2. Walk your hands back until you feel a good stretch in your right quad. Option to drop down to your elbows, or lay all the way down.
3. If you want to take it deeper, then bend your left leg in. An even deeper option is to pull the left knee into the chest.

RECLINED PIGEON WALL



TIPS:

- To deepen this stretch slide the right foot further down the wall.
- Your hips should stay grounded on the mat.

HOW TO:

1. Start seated, slide your hips against the wall. Lay back and bring your legs up the wall.
2. Cross your right ankle over your left thigh.
3. Start to bend your left knee as you slide the left foot down the wall.
4. Place your right hand on the inside of the right knee, then gently press the knee away from you.

SEATED FOLD A



TIPS:

- Keep your spine long and reach your chest forward.
- Option to use a strap around your feet if you cannot reach your toes.
- Deepen this pose by interlacing your fingers around your feet.

HOW TO:

1. Start seated with both legs extended out in front of you. On an inhale, sit up tall and tilt your tailbone out behind you.
2. Exhale as you bring your peace fingers around your big toes.
3. Every inhale find more length, every exhale fold a little deeper.

SEATED FOLD B



TIPS:

- Option to use a strap around your foot if you cannot reach.
- Keep your shoulders squared off with your leg.
- Flex your right foot.

HOW TO:

1. From a seated position, extend your right leg out in front of you. Bend your left leg in bringing the sole of your foot to your inner right thigh.
2. Inhale, reach up as you find length in your spine.
3. Exhale, fold forward grabbing onto your right foot.

SEATED FOLD C



TIPS:

- Option to use a strap around your foot if you cannot reach.
- Keep your shoulders squared off with your extended leg.

HOW TO:

1. From a seated position, extend your right leg out in front of you and bend your left leg behind you. Open your left knee out towards the side.
2. Inhale, reach up as you find length in your spine.
3. Exhale, fold forward grabbing onto your right foot. Every inhale finding more length, and every exhale sinking deeper.

SEATED STRADDLE HALF



TIPS:

- Flex your right foot.
- Option to use a strap around your foot to pull yourself down.

HOW TO:

1. From a seated position, bend your left leg in and extend your right leg out to the side.
2. Inhale as you reach up, exhale fold over the right leg.
3. Every inhale find more length, every exhale fold deeper.

SEATED STRADDLE FOLD



TIPS:

- Keep your back as flat as possible, and spine long.
- Tilt your hips forward, reaching the tailbone out.
- Option to walk your hands to the left or right diagonal.

HOW TO:

1. From a seated position, bring both of your legs out as wide as you can.
2. Inhale as you sit up tall.
3. Exhale as you fold forward, walking your hands out in front of you.
4. Every inhale find more length, every exhale fold further.

SIDE LUNGE



TIPS:

- If it is more comfortable, stay on the ball of your foot.
- Keep your chest lifted.
- Place your hands on the ground if you need more support.

HOW TO:

1. From a standing position, take a large step out. Bend your right knee deep, coming down into a side lunge.
2. Straighten your left leg and flex your left foot.
3. If you are comfortable, bring your hands to heart center. Use your right elbow to gently push the right thigh open.

STANDING FORWARD FOLD



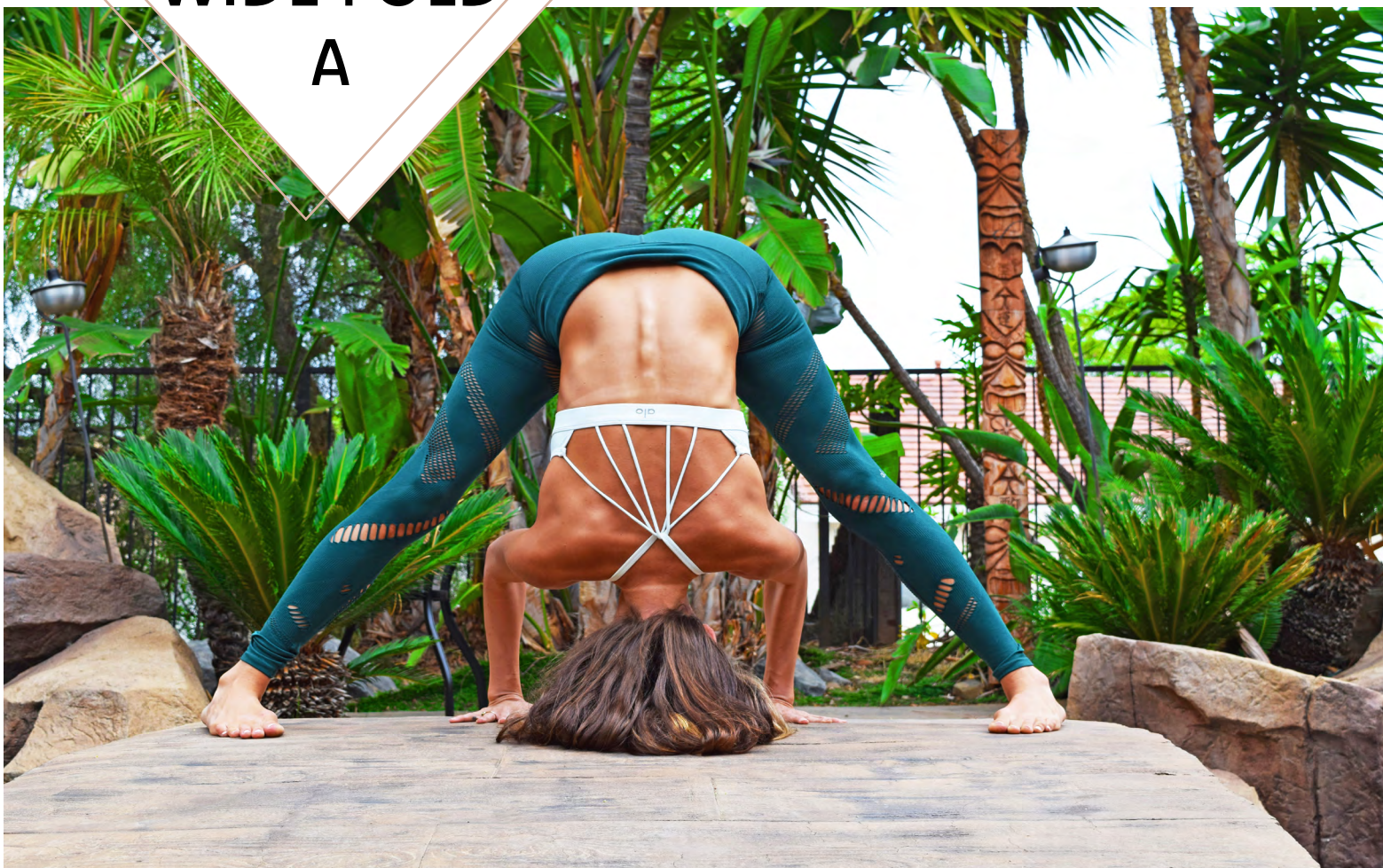
TIPS:

- Keep your spine long.
- Shift your weight into your toes to stack your joints.
- If you feel any pull in your low back try bending your knees slightly.
- When coming out of this fold roll up slowly.

HOW TO:

1. From a standing position, step your feet hip distance and bring your hands to your hips.
2. Inhale as you stand up tall.
3. Exhale as you fold forward, hinging at your hips. Bring your peace fingers around your big toes.
4. Every inhale find more length, every exhale fold deeper.

STANDING WIDE FOLD A



TIPS:

- Keep your back as flat as possible, spine long.
- Tilt your hips forward, reaching the tailbone out.
- Reach the crown of the head toward the mat. If your head touches, then bring your feet slightly closer together to create more space and deepen the pose.

HOW TO:

1. Start from a standing position. Take a wide step out with toes turned forward.
2. Bring your hands to your hips, inhale as you stand tall.
3. Exhale, fold forward bringing your hands to the floor, fingertips facing forward.
4. Every inhale find more length, every exhale fold further.

STANDING WIDE FOLD B



TIPS:

- Keep your back as flat as possible, spine long.
- Tilt your hips forward, reaching the tailbone out.
- Use your arm strength to help pull you deeper into this stretch.

HOW TO:

1. Start from a standing position. Take a wide step out with toes turned forward.
2. Bring your hands to your hips, inhale as you stand tall.
3. Exhale, fold forward and grab your ankles or bring peace fingers around your big toes.
4. Every inhale find more length, every exhale fold deeper.

STRADDLE ON WALL



TIPS:

- Roll your ankles in circular motions to encourage legs to fall open more.
- Keep your legs as straight as possible.
- Relax your inner thighs and let gravity do the work for you.

HOW TO:

1. From a seated position, slide your hips against the wall and lay on your back.
2. Bring your legs up the wall, then open your legs into a straddle position.
3. Keep your hips against the wall. As you hold this pose and start to feel comfortable, see if you can slide your legs more open to deepen the pose.

SPLIT MIDDLE



TIPS:

- Option to do this with your hips and feet against a wall to ensure better alignment.
- Relax your inner thighs and let gravity do the work.

HOW TO:

1. From a table top position, step each foot out to the sides into a wide split position.
2. Start to slide down as deep as you can comfortably.
3. Option to come down to your forearms, or lay your chest flat down extending your arms out to the sides.

SPLIT SIDE



TIPS:

- Keep your hips squared off.
- Check the alignment of your back leg, making sure that your back foot is in line with your hip.
- Option to tuck your back toe and press firmly through the back leg to get a deeper stretch.

HOW TO:

1. From a lunge position, slide your front leg out as far as possible.
2. Option to use blocks to help hold yourself up.
3. Your knees can be bent if necessary. Eventually the goal is to slide all the way down with legs straight.

WINDSHIELD WIPERS



TIPS:

- Move slowly!
- Hangout in the areas that feel good, taking your time to release any tension.

HOW TO:

1. From a comfortable seated position, bring your feet wider than mat distance. Place your hands behind you and lean back.
2. Drop both knees to the right, then to the left as you windshield wiper them slowly back and fourth.

THANK YOU!

Remember to follow
@Bendy_Babes & join the
#BendyBabeSquad



Photography Credit: Dani Fischer