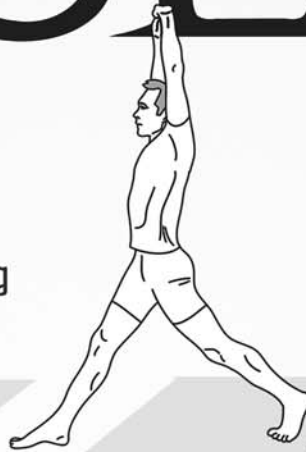


SOLID BASE

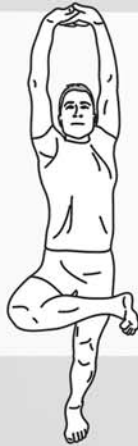
YOGA WORKOUT
by **SPYROS KAPNIAS**
GARUDANANDA
for **© darebee.com**
60 seconds each



1. Pulsing Squats



2. Pulsing Split Lunges



3. Pulsing Single Leg Squats



4. Pulsing Back Kicks



5. Pulsing Sumo Squat



6. Front to Side Extensions