



# FitnessBuilder: TRY THIS WORKOUT

Pump For Life: Week 11: Day 2 - Yoga



Fadi Malouf



There are 6 workouts for this week. Perform each workout once, following the indicated intensity.

Equipment Needed: Dumbbells, Barbell, Cables, Swiss Ball, Med Ball, Dip Station, Jump Rope

## Yoga

- It is customary to start with your **right leg**
- Hold your device** in your hand or on floor, depending on the posture
- Gently** ease yourself into position
- Do not force** your body into a posture or go beyond your limit

Yoga is a powerful mind & body strengthening tool. The postures (asanas) help to align the body, promoting a sense of unity and balance.

Through practice, a strong and agile body, reduced stress levels and stillness of the mind can be obtained.

## Mountain Pose

- Stand upright looking straight forward with your hands by your sides and your feet firmly planted.
- Lift your abdomen in and upwards, keeping your weight evenly balanced on your feet.
- Hold for 1 breath.

Sets	Reps	Weight	Notes
1			
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## Reach Up

- Raise your hands together above your head and look straight up.
- Keep your shoulders from lifting and your ribs from jutting out.
- Hug your elbows towards the midline.
- Hold for 1 breath.

Sets	Reps	Weight	Notes
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## Forward Bend

- From an upright position bend forward at the hips keeping your legs as straight as possible.
- Lower your torso down to rest your head on your shins, lengthening your spine.
- Place your hands flat on the floor beside your feet.
- Hold for 3 breaths.

Sets	Reps	Weight	Notes
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## Prepare

- Raise your head and shoulders to look forward keeping your fingers touching the floor.

Sets	Reps	Weight	Notes
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## Chattarunga

- Jump back lowering your body down into Plank position.
- Further lower towards the floor, bending at the elbows, keeping your body completely straight from heels to head.
- Look down at the floor, keeping your head in line with your spine.
- Exhale as you lower your body towards the floor.

Sets	Reps	Weight	Notes
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## Upward Dog

- From Chattarunga, press up through your hands and slide slightly forward keeping your torso and thighs off the floor.
- Press the top of your feet into the floor.
- Look down along your nose not up.

Sets	Reps	Weight	Notes
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## Downward Dog

- Push back with your hands and raise your hips high into the air.
- Straighten your legs and lengthen your heels towards the floor.
- Lengthen your spine and look towards your navel.
- Your hands should be in front of your shoulders with your fingers spread.
- Hold for 3 breaths.

Sets	Reps	Weight	Notes
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- Jump forward with both feet keeping your hands flat on the floor.
- Land with both feet by your hands.
- Raise your head and shoulders to look forward, keeping your fingers touching the floor.

Sets	Reps	Weight	Notes
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- From an upright position bend forward at the hips keeping your legs as straight as possible.
- Lower your torso down to rest your head on your shins, lengthening your spine.
- Place your hands flat on the floor beside your feet.
- Hold for 3 breaths.

Sets	Reps	Weight	Notes
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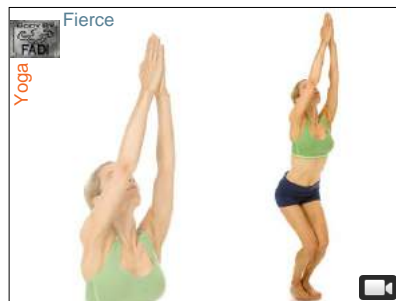
- Raise your hands together above your head and look straight up.
- Keep your shoulders from lifting and your ribs from jutting out.
- Hug your elbows towards the midline.
- Hold for 1 breath.

Sets	Reps	Weight	Notes
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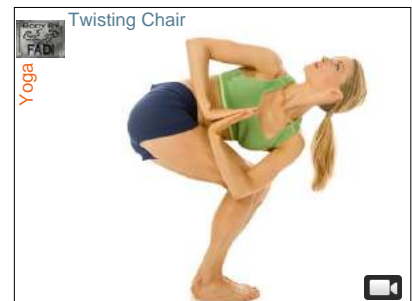
- Stand upright looking straight forward with your hands by your sides and your feet firmly planted.
- Lift your abdomen in and upwards, keeping your weight evenly balanced on your feet.
- Hold for 1 breath.

Sets	Reps	Weight	Notes
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- Stand upright and raise your arms straight up overhead bringing your palms together.
- Bend your hips and knees as if sitting into a chair and keep your torso upright.
- Look up at your hands and lengthen your spine, opening your shoulders.
- Hold for 3 breaths.

Sets	Reps	Weight	Notes
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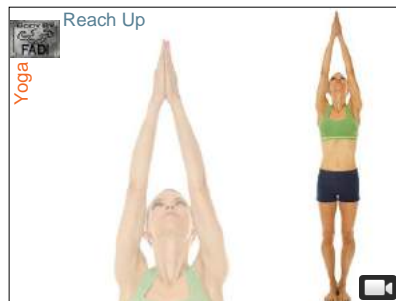
- From Fierce pose lower your hands down in front of your chest bending at the elbows.
- Squat slightly deeper and twist your torso to one side, bringing your elbow to the outside of your opposite knee.
- Look up toward the ceiling.
- Perform on one side, holding for 3 breaths, then switch to the other side.

Sets	Reps	Weight	Notes
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- 1 - Stand upright and raise one leg up behind bending at the knee, keep the standing leg straight.
- Reach back to grab the foot and gently pull it higher while raising the other hand up in front.
- 2 - Reach the other arm back to also hold the raised foot and gently pull the foot towards the back of your

Sets	Reps	Weight	Notes
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- Raise your hands together above your head and look straight up.
- Keep your shoulders from lifting and your ribs from jutting out.
- Hug your elbows towards the midline.
- Hold for 1 breath.

Sets	Reps	Weight	Notes
1			
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- From an upright position bend forward at the hips keeping your legs as straight as possible.
- Lower your torso down to rest your head on your shins, lengthening your spine.
- Place your hands flat on the floor beside your feet.
- Hold for 3 breaths.

Sets	Reps	Weight	Notes
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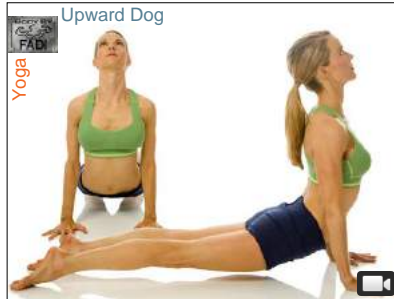
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Chattarunga

- Jump back lowering your body down into Plank position.
- Further lower towards the floor, bending at the elbows, keeping your body completely straight from heels to head.
- Look down at the floor, keeping your head in line with your spine.
- Exhale as you lower your body towards the floor.

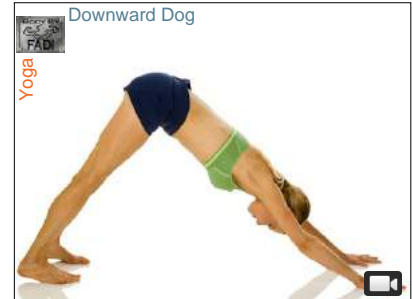
Sets	Reps	Weight	Notes
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Upward Dog

- From Chattarunga, press up through your hands and slide slightly forward keeping your torso and thighs off the floor.
- Press the top of your feet into the floor.
- Look down along your nose not up.

Sets	Reps	Weight	Notes
1			
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Downward Dog

- Push back with your hands and raise your hips high into the air.
- Straighten your legs and lengthen your heels towards the floor.
- Lengthen your spine and look towards your navel.
- Your hands should be in front of your shoulders with your fingers spread.
- Hold for 3 breaths.

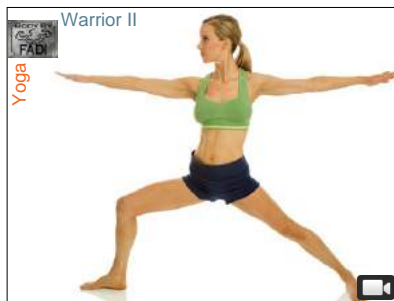
Sets	Reps	Weight	Notes
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Warrior I

- Step your left foot back 4 feet, turning it out slightly.
- Raise your arms straight overhead, pressing your palms together while looking up to your fingers.
- Bend your front knee so it is directly over your ankle.
- Ground your back heel in to the floor and at the same time try and keep your hips forward facing.

Sets	Reps	Weight	Notes
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Warrior II

- Lower your arms to parallel with the floor with your palms down and reach out to both sides.
- Open your torso to the side.
- Turn your head to the look forward along your arm to the tips of your fingers.
- Hold for 3 breaths.

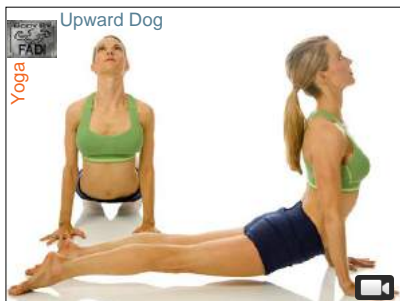
Sets	Reps	Weight	Notes
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Chattarunga

- Jump back lowering your body down into Plank position.
- Further lower towards the floor, bending at the elbows, keeping your body completely straight from heels to head.
- Look down at the floor, keeping your head in line with your spine.
- Exhale as you lower your body towards the floor.

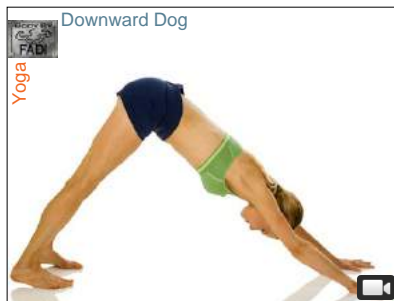
Sets	Reps	Weight	Notes
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Upward Dog

- From Chattarunga, press up through your hands and slide slightly forward keeping your torso and thighs off the floor.
- Press the top of your feet into the floor.
- Look down along your nose not up.

Sets	Reps	Weight	Notes
1			
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Downward Dog

- Push back with your hands and raise your hips high into the air.
- Straighten your legs and lengthen your heels towards the floor.
- Lengthen your spine and look towards your navel.
- Your hands should be in front of your shoulders with your fingers spread.
- Hold for 3 breaths.

Sets	Reps	Weight	Notes
1			
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Warrior I

- Step your right foot back 4 feet, turning it out slightly.
- Raise your arms straight overhead, pressing your palms together while looking up to your fingers.
- Bend your front knee so it is directly over your ankle.
- Ground your back heel in to the floor and at the same time try and keep your hips forward facing.

Sets	Reps	Weight	Notes
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Pump For Life: Week 11: Day 2 - Yoga



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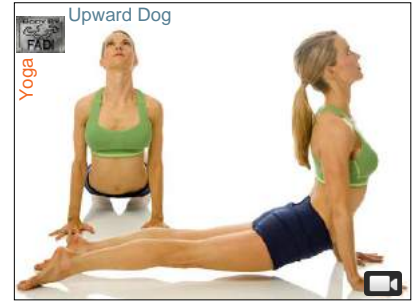
- Lower your arms to parallel with the floor with your palms down and reach out to both sides.
- Open your torso to the side.
- Turn your head to the look forward along your arm to the tips of your fingers.
- Hold for 3 breaths.

Sets	Reps	Weight	Notes
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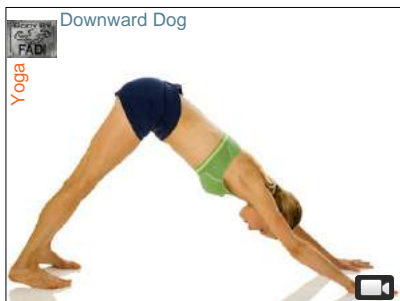
- Jump back lowering your body down into Plank position.
- Further lower towards the floor, bending at the elbows, keeping your body completely straight from heels to head.
- Look down at the floor, keeping your head in line with your spine.
- Exhale as you lower your body towards the floor.

Sets	Reps	Weight	Notes
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- From Chattarunga, press up through your hands and slide slightly forward keeping your torso and thighs off the floor.
- Press the top of your feet into the floor.
- Look down along your nose not up.

Sets	Reps	Weight	Notes
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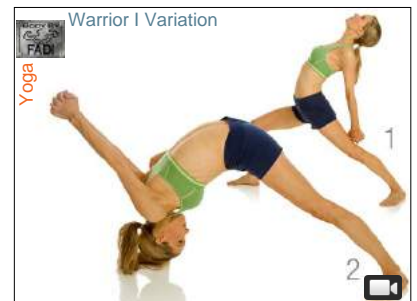
- Push back with your hands and raise your hips high into the air.
- Straighten your legs and lengthen your heels towards the floor.
- Lengthen your spine and look towards your navel.
- Your hands should be in front of your shoulders with your fingers spread.
- Hold for 3 breaths.

Sets	Reps	Weight	Notes
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- Jump forward with both feet keeping your hands flat on the floor.
- Land with both feet by your hands.
- Raise your head and shoulders to look forward, keeping your fingers touching the floor.

Sets	Reps	Weight	Notes
1			
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- Step your left foot back 4 feet, turning it out slightly.
- 1 - Clasp your hands together behind your back with your arms straight and lean backwards slightly, looking up.
- 2 - Bend forward at the hips, lowering your head inside your right leg and bringing your clasped hands forward.
- Hold for 3 breaths.

Sets	Reps	Weight	Notes
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- Lower your arms to parallel with the floor with your palms down and reach out to both sides.
- Open your torso to the side.
- Turn your head to the look forward along your arm to the tips of your fingers.
- Hold for 3 breaths.

Sets	Reps	Weight	Notes
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- Step forward on to your right leg bringing your torso parallel to the floor.
- Lifting your left leg up behind and bring your arms up by your sides.
- Keep your hips level and your head and neck in line with your torso.
- Hold for 3 breaths.

Sets	Reps	Weight	Notes
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- Open through the chest and twist your torso and left arm to look up at the ceiling.
- Turn your back leg out 90 degree so toes are pointing straight out to the side.
- Lower the right hand down to touch the floor in front of the right foot.
- Hold for 3 breaths.

Sets	Reps	Weight	Notes
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Half Moon Leg Bend

- Bend the left leg catching the foot with your left hand and pulling it towards your buttocks.
- Stack your hips one on top of the other and open through the chest as you look up the ceiling.
- Hold for 3 breaths.

Sets	Reps	Weight	Notes
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Warrior I Variation

- Step your right foot back 4 feet, turning it out slightly.
- 1 - Clasp your hands together behind your back with your arms straight and lean backwards slightly, looking up.
- 2 - Bend forward at the hips, lowering your head inside your left leg and bringing your clasped hands forward.
- Hold for 3 breaths.

Sets	Reps	Weight	Notes
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Warrior II

- Lower your arms to parallel with the floor with your palms down and reach out to both sides.
- Open your torso to the side.
- Turn your head to the look forward along your arm to the tips of your fingers.
- Hold for 3 breaths.

Sets	Reps	Weight	Notes
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Warrior III

- Step forward on to your left leg bringing your torso parallel to the floor.
- Lifting your right leg up behind and bring your arms up by your sides.
- Keep your hips level and your head and neck in line with your torso.
- Perform on one side, holding for 3 breaths, then switch to the other side.

Sets	Reps	Weight	Notes
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Half Moon

- Open through the chest and twist your torso and right arm to look up at the ceiling.
- Turn your back leg out 90 degree so toes are pointing straight out to the side.
- Lower the left hand down to touch the floor in front of the left foot.
- Hold for 3 breaths.

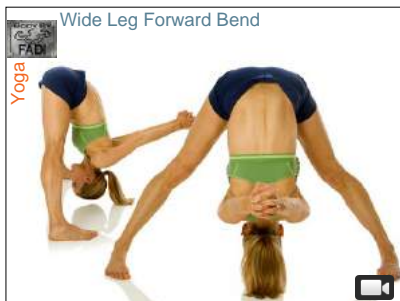
Sets	Reps	Weight	Notes
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Half Moon Leg Bend

- Bend the right leg catching the foot with your right hand and pulling it towards your buttocks.
- Stack your hips one on top of the other and open through the chest as you look up the ceiling.
- Hold for 3 breaths.

Sets	Reps	Weight	Notes
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Wide Leg Forward Bend

- From an upright position spread your legs about 4 feet wide.
- Bring your arms straight behind your back, clasping your hands together, pressing firmly through the outer edges of your feet, lifting your inner arches.
- Bend forward at the hips, lowering your head to the floor and bringing your clasped

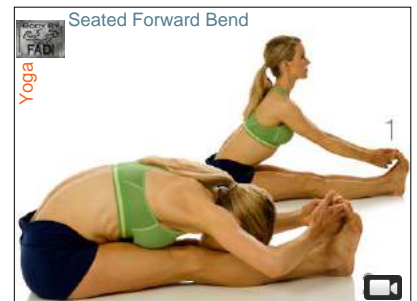
Sets	Reps	Weight	Notes
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Sideways Intense Stretch

- Stand upright and step one leg back about 4 feet.
- Place your hands in your low back, palms together and fingers pointing up.
- Bend forward from the hips, bringing your heads down to the front knee, lengthening through the spine.
- Perform on one side, holding for 3 breaths, then switch to the other side.

Sets	Reps	Weight	Notes
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Seated Forward Bend

- 1 - Sit on the floor with your legs straight out in front holding your big toes.
- 2 - Bend forward at the hips and lower your head towards your knees.
- Reach your hands past your feet and clasp in front if possible lengthening your spine and keeping your feet flexed.
- Hold for 3 breaths.

Sets	Reps	Weight	Notes
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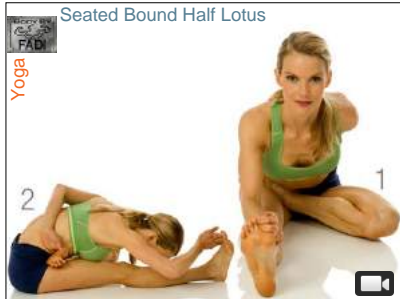


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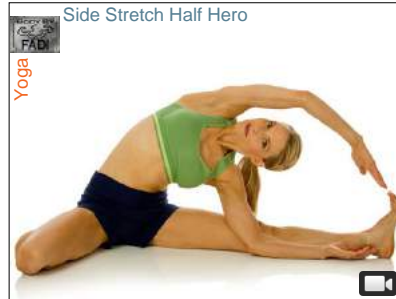
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Seated Bound Half Lotus

1 - From Seated Forward bend one knee, tucking the sole of the foot into your opposite inside hip and holding the big toe of the straight leg in one hand and wrap your same side arm around your back to grab the big toe of the bent leg.  
2 - Bend forward at the hips and lower your head towards your knee lengthening your

Sets	Reps	Weight	Notes
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Side Stretch Half Hero

• Sit upright with one leg straight out to one side and the other with the knee bent and foot behind.  
• Keeping the foot and knee of the straight leg, pointing to the ceiling, raise one arm up over your head and reach sideways to the opposite foot.  
• Place your other arm on the floor in front or tucked in against the inner thigh of the

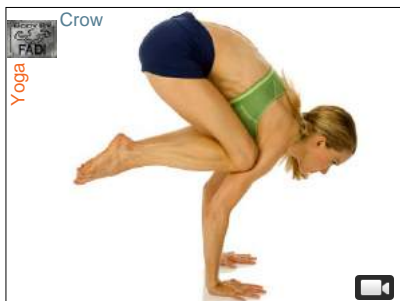
Sets	Reps	Weight	Notes
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Hero

• Kneel on the floor with your feet to the sides of your hips and the tops of your feet flat on the floor.  
• Place your hands on your thighs palm up and sit completely upright looking forward.  
• Hold for 3 breaths.

Sets	Reps	Weight	Notes
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Crow

• Squat down placing your hands on the floor with your upper arms against your shins.  
• Squeeze your inner thighs high up on your arms as you lift your feet off the floor.  
• Lean forward with your legs balanced on the backs of your upper arms and straighten your arms as much as possible.

Sets	Reps	Weight	Notes
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Side Crow

1 - Lower from Full Crow and turn your knees out to one side and lean forward placing your thigh on the back of your upper arm.  
2 - Slowly take one foot then the other off the floor as you balance on the back of your upper arm.  
• Keep your head up and look straight forward.  
• Perform on one side, holding

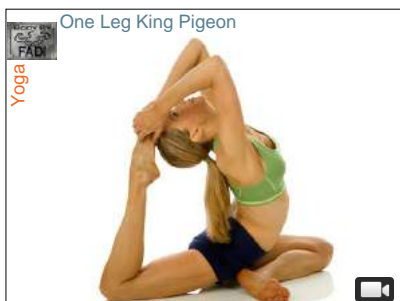
Sets	Reps	Weight	Notes
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King Pigeon

• Sit upright and straighten one leg back behind with your arms by your sides, hands touching the floor.  
1 - Slide your other leg across in front bending at the knee with your shin parallel to the front of the mat.  
2 - Lower your upper body down to the floor, lying your chest on your front leg.  
• Perform on one side, holding

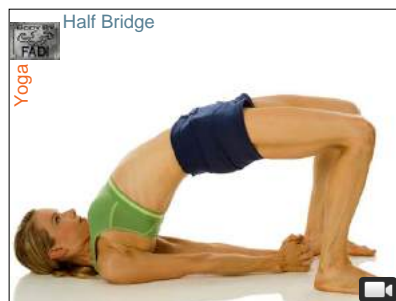
Sets	Reps	Weight	Notes
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One Leg King Pigeon

• From King Pigeon return upright and bend the back knee raising your foot toward your head.  
• Reach your hands back over your head to grasp your foot.  
• Arch back, look up and bring your foot and close to your head as possible.  
• Perform on one side, holding for 3 breaths, then switch to the other side.

Sets	Reps	Weight	Notes
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Half Bridge

• Lie flat on your back with your knees bent, feet flat and slightly apart and your arms by your sides.  
• Inhale and lift your hips off the floor, rolling up onto your shoulders into a back bend.  
• Bring your arms straight under your torso clasping your hands together between your feet.  
• Hold for 3 breaths.

Sets	Reps	Weight	Notes
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Bridge

• From Half Bridge, place your hands flat on the floor to the sides of your head with the fingers pointing toward your feet.  
• Exhale and press your hands into the floor lifting your hips, shoulders and head.  
• Straighten your arms and drop your head to look towards the floor.  
• Hold for 3 breaths.

Sets	Reps	Weight	Notes
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- From Full Bridge lower back to the floor to lie flat.
- Bring your knees to your chest and feet overhead and press your arms into the floor.
- Bend your elbows, placing your hands on your lower back to support your body.
- Straighten your legs overhead, lift your torso off the floor and bring your hips over your shoulders.

Sets	Reps	Weight	Notes
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- From Shoulder Stand lower one leg straight down in front towards the floor.
- Return it to the upright position and repeat with the other leg.
- Perform on one side, holding for 3 breaths, then switch to the other side.

Sets	Reps	Weight	Notes
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- Lie on your back with your legs straight and arms stretched out to the sides.
- Bring one leg up straight and lower it down to the opposite side, clasp the foot and easing the leg to the floor while keeping the other leg straight.
- Turn your head to the opposite side and look towards the fingers of your

Sets	Reps	Weight	Notes
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- Lay flat on your back on the floor with your legs slightly apart and your arms outstretched by your sides with palms up.
- Close your eyes and relax your breathing.
- Lay in this position for as long as you like.

Sets	Reps	Weight	Notes
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