



Salty Dog Yoga™

10 Yoga Posture Sequenced Designed for Triathletes

The following posture sequence was chosen with the interests of Triathletes in mind. These postures are designed to increase flexibility in overworked muscles during training: hamstrings, hips, shoulders, back, and ankles; while also building strength and balance in the body. In addition to increasing strength, flexibility, and balance, practicing yoga postures can help prevent injury and decrease race & workout recovery time. Always practice yoga with awareness, remember to keep your breathing slow and steady, and seek the advice of a yoga instructor for guidance.

1) Downward Facing Dog



- Start on hands and knees w/knees under hips and hands under shoulders, toes tucked
- Press your hips up and back and your torso toward your thighs
- Spread your fingers wide and roll your shoulders away from your ears
- Feet are hips width distance with your tailbone lifting up and your heels releasing down

2) Separate Leg Intense Stretch



- From pose 1, step your right foot between your hands, shorten your stance (about 2 ft. apart) & plant your back foot at a 45 degree angle with your back heel in line w/your front arch
- Place your hands on your hips & lift your torso up to a standing position. Straighten both legs & engage your quadriceps
- As you exhale fold forward toward your front leg and energetically push your right hip back and your left hip forward
- Rest your hands on the floor or place them on your hips & roll your shoulders back and down

3) Revolved Triangle



- From pose 2, lift your head and torso upright but do not change the position of your legs & keep your quadriceps engaged
- Place your right hand on your hip & your left hand beside your right foot on the ground or a block
- Send your right hip back and left hip forward as you twist your chest open to the right
- If you feel comfortable you can raise your right arm & look up at your palm

4) Wide Leg Stretch



- From pose 3, lift yourself back to a standing position. Separate your legs wide apart w/your toes slightly turned in
- Interlace your fingers behind your back, pressing your palms together & lift the quadriceps of both legs
- Hinge forward at your hips letting your arms come up, toward your head (not pictured) stretching your shoulders
- After a few breaths you can release your hands to the ground under your shoulders or keep the arms raised
- Before moving to pose 5, complete pose 2 & 3 with your left leg forward

5) Seated Forward Fold



- Come to a seated position with your legs extended out & together, your ankles flexed & quadriceps engaged
- On an inhale raise your arms up to frame your ears and grow your torso long
- On an exhale fold forward, grasping the sides of your feet or your ankles
- If you are able, begin to fold deeper until your chest is resting on your thighs
- Be sure to keep your neck in line with your spine and not round

6) Upward Plank



- From pose 5, lift your torso upright & keep your legs extended in front of you, ankles touching, & place your palms beneath your shoulders, fingers facing toward your feet
- On an inhale press into your palms & lift your hips
- Point your toes & try to get them to touch the ground
- If it's comfortable for your neck release your head back

7) Cow Face Pose



- Sit with your right leg crossed over your left with your knees stacked and your feet flexed by your hips **if your knees are not touching or if this is uncomfortable for your knees you can sit on the edge of rolled up towel or pillow
- Raise your right arm toward the sky and bend your elbow so that your palm is touching your upper back & reach your left arm behind you in an effort to clasp your hands **if you can't hook your fingertips you can use a belt or strap
- Be sure to keep your spine & neck long without rounding forward
- Do this stretch on both sides by switching the cross of your legs and arm position

8) Crow



- From a squatting position, place your hands on the ground about shoulder width distance with your fingers spread wide
- Bend your elbows back and slightly outward creating a shelf for your knees
- While your toes are still on the ground bring your knees onto the backs of your arms towards your armpits
- Bring your weight into your palms and try lifting one foot off the ground at a time. If you can balance bring your big toes together and lift your feet toward your sit bones

9) Locust



- Lie on your belly with your arms by your sides, big toes & ankles touching, & forehead on the ground
- Interlace your fingers behind your back and roll your shoulders back and down- straighten your arms so your palms are touching
- On an inhale lift your head, shoulders, chest, & legs off the ground. Keep your big toes touching
- Look down & slightly forward so your neck is in line with your spine

10) Shoulder Stand



- Lie on your back with your arms by your sides
- Lift your legs up & roll slightly backward, lifting your hips so you can place your hands on either side of your spine
- Ideally your legs should be perpendicular to the floor but if this is too challenging you can angle them toward your head & rest your hips in your hands
- Roll your shoulders down away from your ears & keep the weight off of your neck & instead transfer some of your weight into the backs of your upper arms- your elbows should be in line with your shoulders and not flaring out to the sides
- Keep the muscles of your legs engaged & gaze at your toes

Practice each pose for about one minute, staying in pose #1 & #10 for up to three minutes. After practicing a few times, you will be able to complete the entire sequence in 15 minutes and feel the benefits of greater flexibility in your hamstrings, shoulders, back, hips, and ankles.