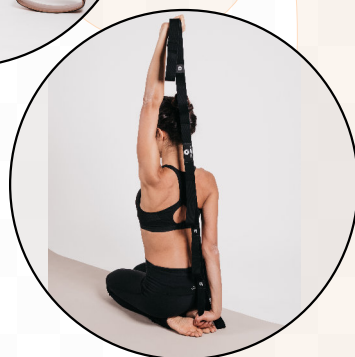


Exercise Guides



DOUBLE RADIAN YOGA WHEEL & STRETCH OUT YOGA STRAP



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10% Discount + Free Prime Shipping

As a thank you for buying this book, you can get 10% off the purchase of this Yoga wheel & Strap gift set by following this link here

<https://www.amazon.com/gp/mpc/A1T0291T4RHRY9>

The promotion is strictly “While Stocks last and can expire at any time.”

Advantages

Double Radian Yoga Wheel

VS

Round Yoga Wheel

Only 8 Inches High

Much more effective back stretching. “Normal Yoga Wheels are often 12 to 15 inches high and most people cant bend over them.

More Stable

The two curves mean you can stand on them and practice Tree Poses much easier. Standing on a round wheel should be left to Cirque du Soleil Artists!!

	7 CHAKRAS Dual Radius	Competitor 1	Competitor 2
1	Two Curves	✓	✗
2	8" for Comfortable Stretching	✓	✗
3	Premium Gift Box	✓	✗
4	Stretch Out Yoga Strap	✓	✗
5	2x Carry Bags for Strap & Wheel	✓	✗
6	37 Page Exercise e-book	✓	✗
7	Anti-microbial Cork	✓	Some
8	Premium Wood Grain Inner Wheel	✓	Some
9	Money Back Guarantee	?	?

This book shows exercises using the Cork Double Radian Yoga Wheel and Stretch out yoga Strap.

For more information please visit our Amazon Store

<https://www.amazon.com/stores/node/18118756011>

Or to purchase our products direct please visit our website at www.7chakras.yoga

The Legal Bit

Please be careful. As with all exercise and especially yoga be certain of your physical abilities and limitations before attempting any yoga practice. Please seek clearance from your physician if you are uncertain. Always respect your body and know your limits. Join a yoga class to fully enjoy and practice your passion.

- There is an inherent risk that comes with using any exercise equipment, our Dual Radius Yoga Wheel is no different.
- Improper use can lead to serious injury and anyone participating in these activities should be aware and understand these risks.
- Consulting your physician before beginning any new exercise regimen can help reduce these safety risks, especially if you have certain medical conditions and limitations.
- 7Chakras is not liable for any claims for injury and damages resulting from or connected with the use of this Yoga Wheel. We want you to be safe when using our equipment so please check with your physician first and enroll in a professional class so you can be instructed how to perform your exercises safely.

Introduction

Benefits of Physical Exercise

This exercise program is tailored to improve both cardiovascular and musculoskeletal endurance and fitness. Exercise programs should contain both light resistance exercises and exercises that will increase heart rate at a safe level depending on your fitness.

Increasing your muscle mass helps with the breakdown of fats and the regulation of glucose levels in the blood stream. It can also boost metabolism so, even after you finish Exercising, your body can continue to burn fat.

By completing 30 minutes of moderate exercise per day you can:

- Lower your blood pressure for those who have hypertension (high blood pressure).
- Strengthen your bones, muscles and joints, lowering the risk of osteoporosis.
- Reduce your risk of heart attack and heart disease.
- Reduce your risk of stroke.
- Achieve and manage a healthy body weight.
- Lower your blood cholesterol.
- Lower the risk of type 2 diabetes.
- Lower the risk of some cancers, including colon cancer.
- Reduce feelings of stress, anxiety and depression.

How to Use this Program

This exercise program is designed to be completed at least three times a week.

The program can be completed at home, at your local park, or at a gym. Basically wherever you feel most comfortable.

Flexibility

Stretching before and after you exercise is important, it helps to:

- Reduce muscle tension.
- Increase your range of motion.
- Prevent injuries to muscles and joints.
- Reduce your risk of back problems.
- Promote circulation.
- Reduce muscle soreness.

Improving flexibility makes exercising and everyday tasks easier by enhancing mobility in your joints and muscles.

Resistance

Resistance exercise improves muscle strength and helps to tone your body, which can then help protect your joints from injury.

Before you Begin – Do's and Don'ts

Do

- Speak to your doctor before starting this exercise program to check it is right for you.
- Ensure you have appropriate enclosed footwear that provides you with comfort and support.
- Ensure you drink enough water before, during and after physical exercise.
- Tell a friend about your health and fitness goals. It is always easier to stay on track with a friend's support.
- If you can't complete the exercise program daily, try to go for a 30-minute walk on the days you don't do the program.

Warm up before your exercise

As most of the exercises in this handbook are stretching exercises you should warm up first. Go for a short walk or run or do them after whatever exercise you like doing.

Don't

Do not start any exercise program without consulting your doctor first. If you feel severe pain or discomfort while completing this program, stop immediately and consult your doctor.

Introduction

The exercises below are intended as a basic introduction to using the Double Radius Yoga Wheel. For many people yoga blocks can be used to help you balance and rest into various poses. The Double Radius Wheel can be used in many of the same exercises that a yoga block can be used but with added comfort, flexibility and support.



Extra Features Embedded

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SHOWS THERE IS AN EXTRA VIDEO
CLIP ON THIS PAGE



SHOWS THERE IS AN EXTRA PHOTO
ON THIS PAGE

EXERCISE 1

The Classic Back Stretch



THE BACK STRETCH ADDING IN AN EXERCISE TO
STRENGTHEN YOUR CORE AND LEGS
(CLICK EXTRA PHOTO ABOVE)

“

RIGHT LETS GET STARTED. LETS START WITH THE REASON MOST PEOPLE BUY THIS SHAPE WHEEL.....THE BACK STRETCH.

FULL YOGA WHEELS ARE HUGE! YES YOU CAN ROLL NICELY ONTO THEM, BUT MOST VIDEOS SHOWING THESE ARE MODELLED BY AMAZING YOGA EXPERTS FLOWING ONTO AND OFF THEM WITH EASE!

IN REALITY MOST PEOPLE ARE NOT THAT FLEXIBLE, THE FULL SIZED ROUND YOGA WHEEL IS TOO DIFFICULT TO BEND BACKWARDS OVER WHICH CAN BE PAINFUL AND UNSAFE.

”



LOOK AT THIS PHOTO COMPARISON ABOVE & BELOW, WE LIKE THIS PHOTO, AS IT SHOWS HOW FLEXIBLE YOU NEED TO BE TO LIE ON A FULL YOGA WHEEL – BE HONEST ARE YOU THAT FLEXIBLE? NOT TOO MANY PEOPLE ARE!



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Step by Step Guide

1. SIT ON THE FLOOR OR MAT AND PLACE THE WHEEL BEHIND YOU, ROUGHLY AT THE BASE OF YOUR SPINE.
2. Roll gently back onto the wheel starting with your arms out to the side or down the side of the wheel.
3. It might take a little adjustment to find the position comfortable for you.
4. Your head may or may not rest on the floor, this will depend mainly on how tall you are and also how flexible you are.



5. GENTLY RELAX FOR A SHORT WHILE, YOU CAN BUILD UP TO LONGER PERIODS IN THIS POSITION. DON'T EXPECT TO LIE LIKE THIS FOR A LONG TIME STRAIGHT AWAY.
6. TO SIT UP AGAIN, USE YOUR ARMS TO PUSH YOURSELF BACK UP AND ROLL OFF THE WHEEL.
7. YOU CAN USE BOTH SIDES OF THE WHEEL.

“

THE CLASSIC BACK STRETCH

REMEMBER TO HELP PREVENT OR CURE BACK PAIN YOU NEED A STRONG CORE. BACK STRETCHES ALONE WILL NOT CURE YOU! A GREAT EXERCISE TO BUILD UP CORE STRENGTH IS BY DOING PLANK EXERCISES. SEE FURTHER DOWN THE PAGE FOR INFORMATION ON THE BENEFITS OF THE "PLANK"

OUR YOGA WHEEL IS 15 INCH LONG BUT ONLY 8 INCH HIGH MAKES GENTLE STRETCHING OF YOUR BACK MUCH SAFER AND MORE EFFECTIVE THAN A FULL YOGA WHEEL. THE SMALL SIZE CAN ASSIST YOU WITH GENTLE BACKBENDS.

”

TIP

TURN THE WHEEL EITHER WAY UP TO GIVE A DIFFERENT STRETCH



EXERCISE 2

Triangle Poses & Side Angle Poses



THE SERIES OF TRIANGLE POSES ARE GREAT FOR STRENGTHENING AND STRETCHING THE LEGS, ANKLES AND KNEES. ALSO INCREASING FLEXIBILITY IN THE SHOULDERS AND WORKINGS THE CORE MUSCLES. AND IF THATS NOT ENOUGH, HELPING OPENING THE CHEST.

YOUR GOAL USING THE WHEEL / YOGA BLOCK IS TO TRY AND FIND A COMFORTABLE POSITION TO SUPPORT YOUR WEIGHT AND LET YOUR MUSCLES RELAX INTO THE POSE.

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1. STAND FACING THE LONG SIDE OF YOUR MAT WITH YOUR FEET ABOUT A LEG'S DISTANCE APART. THE HEELS IN LINE WITH EACH OTHER.
2. TURN YOUR LEFT FOOT OUT SO YOUR TOES ARE POINTING TO THE SHORT EDGE OF THE MAT AND TURN YOUR RIGHT TOES IN ABOUT 45 DEGREES.
3. PLACE THE YOGA WHEEL THE INSIDE OF YOUR FRONT FOOT.
4. EXHALE BEND YOUR LEFT KNEE, THIGH PARALLEL TO FLOOR.
5. CHECK THAT YOUR LEFT KNEE IS ABOVE THE ANKLE IN LINE WITH THE FIRST TWO TOES.
6. EXHALE EXTEND YOUR BODY OUT OVER THE LEFT LEG, THEN BRING YOUR LEFT ARM DOWN, EITHER WITH YOUR ELBOW TO YOUR LEFT THIGH OR PLACE YOUR HAND ON THE DOUBLE RADIUS YOGA WHEEL INSIDE OF YOUR LEFT FOOT.
7. REACH YOUR RIGHT ARM UP TO THE CEILING, PALM FACING TO THE FRONT.
8. PRESS THE OUTSIDE OF YOUR LEFT FOOT INTO THE FLOOR.
9. KEEP THE SPINE LONG, NECK LONG AND IN LINE WITH THE SPINE, LOOK STRAIGHT AHEAD.
10. IF YOU CAN, THE LOOK UP TOWARDS YOUR UPPER HAND, THIS CAN BE QUITE DIFFICULT SO KEEP LOOKING AHEAD IF YOU WISH.
11. HOLD THIS POSE ANYWHERE FROM 5 TO 15 BREATHS.



“

Tips

- ALSO YOU CAN KEEP YOUR RIGHT HAND ON YOUR HIP INSTEAD OF LIFTING THE ARM UP AND OVER TO MAKE THIS EASIER.

”

12. TO COME OUT OF THIS POSE: PRESS ACTIVELY INTO YOUR FEET, AND ON AN INHALATION STRONGLY EXTEND THROUGH THE LEFT ARM AS YOU COME BACK UP TO STRAIGHT.

13. STEP YOUR FEET BACK TO THE FRONT OF THE MAT

14. THEN SWAP THE DIRECTION OF YOUR FEET TO DO THE SAME POSE ON THE OTHER SIDE.

“

Tips

- TRY NOT TO CRUNCH YOUR SIDE WAIST AS YOU BEND. IF YOU CANT REACH THE WHEEL OR BLOCK THEN REST YOUR FOREARM ON YOUR THIGH. THIS WILL MAKE IT EASIER.

”



“

Tips

- THIS POSE TO (SHOWN LEFT) IS SIMILAR BUT IS MUCH HARDER. IT IS A REVOLVED TRIANGLE POSE. IF YOU LOOK CLOSELY YOUR BODY IS TURNED TOWARDS YOUR FORWARD LEG..... THIS WILL TAKE SOME PRACTICE!

”

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**EXERCISE
3**

Half Moon Pose



THIS IS A VERY TOUGH EXERCISE, BUT IT IS A GREAT EXERCISE TO BUILD ANKLE AND LEG STRENGTH AND BUILD STABILITY.

YOU WILL DEFINITELY NEED A SUPPORT TO HELP YOU BALANCE DURING THIS POSE.

1. CHOOSE A LEG YOU WANT TO BALANCE ON FIRST. IN THIS PHOTO OUR MODEL IS USING HER LEFT LEG AND LEFT ARM AS THE FRONT ARM.
2. STAND FACING THE LONG SIDE OF YOUR MAT
3. SPACE YOUR FEET SLIGHTLY MORE THAN SHOULDER WIDTH APART
4. TURN YOUR LEFT FOOT OUT SO YOUR TOES ARE POINTING TO THE SHORT EDGE OF THE MAT AND TURN YOUR RIGHT TOES IN ABOUT 45 DEGREES.
5. PLACE THE YOGA WHEEL THE INLINE WITH YOUR FRONT FOOT BUT ABOUT 12-18 INCHES IN FRONT OF YOUR FORWARD FOOT. (THE ONE YOU WILL BALANCE ON)
6. EXHALE BEND YOUR LEFT KNEE SLIGHTLY
7. CHECK THAT YOUR KNEE IS IN LINE WITH YOUR TOES AND NOT BENDING IN TOWARDS THE INNER EDGE OF YOUR FOOT

“

Tips for the Half Moon Pose

- Keeping your balance is tricky. Use the wheel for support and even do this with your back leaning against a wall which can help you balance.
- Extending your arm upwards is a more difficult pose.
- Step 13 above, turning your head to look upwards is more difficult. If you wish, just continue looking straight ahead.

”



8. BRING YOUR RIGHT HAND TO YOUR HIP – RAISE YOUR FRONT ARM AND KEEP IT PARALLEL WITH THE FLOOR.
9. BRING YOUR RIGHT FOOT IN 30CM OR SO SIMULTANEOUSLY BEGIN TO SHIFT THE WEIGHT MORE ONTO THE LEFT LEG.
10. EXHALE AS YOU REACH OUT WITH THE LEFT HAND, LET YOUR UPPER BODY FOLLOW AND FEEL THE RIGHT FOOT BECOME LIGHT ON THE FLOOR.
11. KEEPING THE FRONT LEFT KNEE BENT, BRING THE LEFT/FRONT HAND DOWN TO THE FLOOR (OR TO A YOUR DOUBLE RADIUS YOGA WHEEL) DIRECTLY UNDER YOUR SHOULDER TOWARDS THE LITTLE-TOE SIDE OF YOUR LEFT FOOT. MAKE SURE IT'S UNDER THE SHOULDER AND NOT TOO CLOSE TO YOUR FOOT.
12. TAKE A BREATH OR TWO HERE, ENGAGE YOUR LOWER ABDOMINAL MUSCLES, PICK A SPOT ON THE FLOOR JUST IN FRONT OF YOU TO FOCUS ON (IT HELPS YOUR BALANCE)
13. ON YOUR NEXT INHALE SIMULTANEOUSLY RAISE THE BACK LEG AS YOU STRAIGHTEN THE STANDING LEG – WATCH THAT YOUR RAISED LEG IS IN LINE WITH YOUR SPINE AND NOT BENDING BACK, YOU SHOULD BE ABLE TO SEE YOUR TOES. PRESS FIRMLY THROUGH THE STANDING LEG, DON'T LOCK YOUR KNEE, BUT PUSH OUT THROUGH THE FOOT OF THE LIFTED REAR LEG.
14. TRY TO ROTATE THE TOP OF THE RIGHT THIGH TO ROLL THE LEFT BUTTOCK UNDER.
15. TRY TO KEEP BOTH SIDE WAISTS LONG.
16. INHALE AS YOU LIFT THE TOP ARM AND REACH OUT THROUGH THE FINGERTIPS.
17. REPEAT STARTING WITH YOUR RIGHT LEG IN FRONT.



“

Tips for the Half Moon Pose

- IF YOU HAVE ANY NECK PROBLEMS, DON'T TURN YOUR HEAD TO LOOK UPWARD; CONTINUE LOOKING STRAIGHT AHEAD AND KEEP BOTH SIDES OF THE NECK EVENLY LONG.
- IF YOU HAVE NO NECK PROBLEMS AND YOU FEEL STEADY YOU CAN TURN THE HEAD TO LOOK AT YOUR TOP HAND.
- KEEP THE LOWER ABS ENGAGED, THIS WILL HELP KEEP YOUR SPINE IN NEUTRAL AND KEEP PRESSING OUT THROUGH BOTH FEET TO ENGAGE THE LEGS.
- STAY IN THE POSE FOR FIVE DEEP BREATHS OR LONGER. TO COME OUT OF THE POSE TURN TO LOOK AT THE FLOOR, LOWER YOUR RAISED LEG AND COME BACK OUT THROUGH WARRIOR 2.

”



**EXERCISE
4**

**Modified Marichvasana
Pose**



FOLDING INTO MARICHYASANA I CALMS YOUR MIND,
EXTENDS YOUR SPINE, AND GIVES YOUR INTERNAL ORGANS
A HEALTHY SQUEEZE

Step by Step Guide

1. LEGS CAN BE PLACED EITHER ON THE GROUND, ON THE UPTURNED YOGA WHEEL ON THE EDGE OR WITH THE WHEEL FLAT ON THE GROUND.
2. CHOOSE A LEG YOU WITH TO PLACE ON THE WHEEL (IN THIS THE LEFT LEG)
3. EXHALE, BEND RIGHT LEG BRINGING HEEL CLOSE TO RIGHT HIP WITH FOOT GROUNDED.
4. TRY TO KEEP YOUR BACK STRIGHT.
5. INHALE, REACHING RIGHT ARM UPWARD.
6. EXHALE, FOLDING FORWARD, TAKING RIGHT ARM BENT AT THE ELBOW REACHING AROUND THE BENT LEG TO MEET LEFT ARM AND INTERLOCKING FINGERS.
7. INHALE, RELAXING POSE SLIGHTLY.
8. EXHALE, FOLDING DEEPER INTO POSE TAKING CHIN TO LEFT KNEE AND PRESSING OUT WITH LEFT HEEL.
9. HOLD POSE 3 TO 5 BREATHS OR AS LONG AS COMFORTABLE.
10. REPEAT ON OTHER SIDE.

“

Tips for the Half Moon Pose

- THIS EXERCISE IS HARDER THE HIGHER UP YOUR STRIAIGHT LEG IS RAISED.

BEGIN WITH YOUR LEG ON THE GROUND THEN AS YOU BECOME MORE FLEXIBLE PROGRESS TO PUTTING YOUR OUTSTRETCHED LEG ON THE YOGA WHEEL

”



**EXERCISE
5**

The Heron Pose



THIS IS CALLED THE "HERON POSE" AS YOUR OUTSTRETCHED LEG IS SUPPOSED TO LOOK LIKE THE NECK OF A HERON. I GUESS YOU HAVE TO STRETCH YOUR IMAGINATION TO SEE A HERON BUT ANYWAY THATS THE STORY!

STEP BY STEP GUIDE

1. BEGIN SEATED ON THE YOGA WHEEL WITH BOTH LEGS EXTENDED STRAIGHT OUT IN FRONT OF YOU, SPINE LONG.
2. BEND YOUR LEFT KNEE INTO HERO POSE (VIRASANA), SO THAT THE LEFT SHIN IS RESTING ON THE FLOOR AND THE HEEL OF THE LEFT FOOT IS TUCKED IN UNDER THE RIGHT HIP (BY THE WHEEL).
3. ENSURE THAT THE TOES OF YOUR LEFT FOOT ARE POINTING STRAIGHT BACK AND THAT YOUR THIGHS ARE PARALLEL TO ONE ANOTHER AS POSSIBLE (I.E. THE LEFT KNEE ISN'T BOWING OUT TO THE SIDE).
4. BEND YOUR RIGHT KNEE SO THAT THE SOLE OF YOUR RIGHT FOOT RESTS ON THE FLOOR JUST IN FRONT OF THE YOGA WHEEL.
5. TAKE A HOLD OF THE OUTER EDGES OF YOUR RIGHT FOOT WITH BOTH HANDS, AND BEGIN TO EXTEND THE LEG AS STRAIGHT AS POSSIBLE. LEAN BACK SLIGHTLY, KEEPING YOUR GAZE ON YOUR RIGHT FOOT, AND KEEP THE CORE STRONG AND ENGAGED.
6. HOLD FOR 5 BREATHS AND RELAX LAYING YOUR FOOT BACK DOWN.

“ Tips

- Sitting on a block or the Yoga wheel raises your hips off the ground making this pose much more achievable.
- Sitting on the Yoga Wheel, which is slightly higher than a block can help even more.

”



This pose is very similar to a forward bend. It helps stretch your hamstrings. However as you are lifting your leg instead of bending forward it is much harder. Experts can do this sitting on the floor, however this is not easy.

“

Use your stretchy yoga strap in this pose.

- Placing the strap around the ball of your foot will help you raise your foot without losing your position and bending your torso.
- The strap will help keep your spine long and upright.

”



- On an inhale, raise the leg as high as you comfortably can.
- Focus on keeping your spine long and your chest lifted, rather than rounding the spine and collapsing through the chest in an effort to bring the lifted shin closer toward your face.
- With every breath, grow taller along the spine and lift the ribcage higher.
- Remain in the pose for 3 to 5 full breaths. On an exhale, gently bend and lower the leg and when you feel ready, repeat on the other side



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EXERCISE 6



Using the Double Radian Yoga Wheel as a Balance Board & Core Trainer



THE NEW SHAPE WHEEL IS PERFECT FOR USING AS A BALANCE BOARD. EACH SIDE IS A DIFFERENT SHAPE AND ONE SIDE IS EASIER TO STAND ON THAN THE OTHER.

Watch the
video here



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Core trainer & Balance Board



EXERCISE 7

Inversion Poses

WE HAVE INCLUDED A NUMBER OF PHOTOS OF INVERSION POSES ON THE FOLLOWING PAGES SIMPLY TO SHOW THE DOUBLE RADIUS YOGA WHEEL BEING USED AS A PROP TO ASSIST.

HOWEVER WE WILL NOT BE GIVING ANY STEP BY STEP INSTRUCTIONS.

TRYING THESE IN YOUR HOME WITHOUT SUPERVISION, AT BEST, THEY COULD RESULT IN SMASHED FURNITURE.

PLEASE JOIN A YOGA CLASS WHERE YOU CAN PRACTICE YOUR PASSION WITH OTHER PEOPLE UNDER THE SUPERVISION OF A PROFESSIONAL INSTRUCTOR.

WHAT EXACTLY IS AN INVERSION?

TYPICALLY, AN INVERSION IS ANY POSTURE WHERE THE HEAD IS BELOW THE HEART.

WHILE HANDSTANDS, FORARM STANDS AND OTHER EXOTIC VARIATIONS MAY SPRING TO MIND THERE ARE A NUMBER OF ACCESSIBLE AND GENTLER INVERTED POSES (INCLUDING DOWNWARD DOG AND LEGS UP THE WALL) FOR PEOPLE NEWER TO YOGA, OR THOSE WANTING A MORE RESTORATIVE PRACTICE.

ALTHOUGH THE BENEFITS OF YOGA INVERSIONS ARE HUGE, WHEN INCLUDING INVERSIONS IN OUR YOGA PRACTICE IT'S ESSENTIAL YOU LEARN THE THE CORRECT SET UP AND ALIGNMENT OF EACH POSTURE TO PREVENT INJURY, ESPECIALLY ON THE BACK AND NECK.

IF YOU HAVE A HISTORY OF HIGH BLOOD PRESSURE, HEART PROBLEMS OR HAVE HAD A NECK OR SPINE INJURY, PRACTICE INVERSIONS WITH CAUTION. PERFORMING THESE UNDER THE ASSISTANCE OF A YOGA TEACHER IS RECOMMENDED.

“

Tips for Beginners

- This should only be practiced with professional supervision. This can put a lot of strain on your neck so be careful with this.
- You can bring your legs over your head towards the floor with your knees bent.
- If your toes can't reach the floor option
 - Practice this pose at the wall, so that your feet will meet the wall. You can slowly walk your way down.
 - Keep supporting your lower back with your hands and leave your legs in the air or support your feet with a chair or using the Yoga Wheel.
- Don't turn your head when in the pose (for example to look at a teacher or video).

”

Watch the
video here





EXERCISE 8

Plank Develop Core Strength



BUILDING REGULAR PLANKING INTO YOUR DAILY ROUTINE HAS BECOME INCREASINGLY POPULAR FOR CORE STRENGTHENING, AND FOR GOOD REASON: IT WORKS. MAINLY BECAUSE IT ENGAGES MULTIPLE MUSCLE GROUPS SIMULTANEOUSLY.

Planking has a many benefits.

A Toned Belly

Planking will help build your deep inner core muscles that lay the groundwork for that six-pack look. As your abdominal muscles become stronger, your mid-section will tighten.

Reduce Back Pain

Planks work for back pain because they strengthen your core, which has the pleasant “side effect” of reducing back pain. They also strengthen your back muscles, especially those in your upper back. According to the American Council on Exercise.

STEP BY STEP GUIDE

1. **PLANKS CAN BE PERFORMED WITH YOUR FEET ON THE FLOOR OR RAISED ONTO THE YOGA WHEEL**
2. **YOUR HANDS CAN BE LIKE OUR MODEL ABOVE, FLAT ON THE GROUND WITH YOUR ARMS OUTSTRETCHED.**
3. **MORE LIKE A PRESSUP.**
4. **ANOTHER OPTION IS TO REST ON YOUR FOREARMS. KEEP YOUR ELBOWS DIRECTLY UNDER YOUR SHOULDERS WITH YOUR HANDS OUT IN FRONT OF YOU.**
5. **TO POWER UP YOUR PLANK WORKOUT, TRY A ROCKING PLANK – ONCE IN BASIC PLANK FORM, ROCK YOUR BODY BACK AND FORTH BY MOVING YOUR TOES A FEW INCHES EITHER WAY.**
6. **RAISE A LEG OFF THE WHEEL, ONE AT A TIME OBVIOUSLY!**



“

DO NOT ALLOW

- your hips, head, or shoulders to drop.
- Place your hands too close together, which creates internal rotation and instability at your shoulder joint.
- Holding your breath.
- Hold the position too long – it is better to maintain proper form for a shorter period of time, finishing in the same position as picture 1.

”

Extra Photo
here



Watch the
video here



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“

Because the plank exercise requires minimal movement while contracting all layers of the abdominal fascia, it is an excellent way to strengthen the core, which, in turn, helps reduce low-back pain.

”

“

Tips

- Picture 1: Start in the pressup position. Feet on the floor or on the Yoga Wheel.
- Picture 2: Bring one arm down to the floor resting on your.
- Picture 3: Bring your other arm to floor
- Picture 4: Start coming back up on your hand, finishing in the same position as picture 1.

”



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“

Tips

- Alternative leg raises will magnify the difficulty of the plank pose.

”



Just starting out? then be careful!

- Proper position is very important when performing planks. If you're just starting out, try holding the plank position for several seconds only, slowly working your way up to where you can hold it longer. In addition, be careful to avoid these common plank mistakes:
- Overdoing planks could lead to injury. If you feel any back pain then STOP.
- Regular exercise is better than one crazy burst every now and again!



Stretching Yoga Strap



With 10 Cotton Loops

INTRODUCTION

THIS IS THE 7CHAKRAS STRETCHING STRAP EXERCISE GUIDE. IT IS AIMED AT BEGINNERS BUT ALSO HAS SOME MORE ADVANCED POSES AS WELL.

PERFORMED REGULARLY, THESE EXERCISES WILL HELP YOU IMPROVE YOUR STRENGTH AND FLEXIBILITY. THESE POSES YOU CAN DO AT HOME OR AT THE GYM, BUT YOU WILL BENEFIT FROM JOINING A REAL LIFE YOGA CLASS TO PRACTICE YOUR PASSION.

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EACH STRAP HAS 10 SOFT COTTON LOOPS ON IT. MAIN LOOPS NUMBERED 1 TO 3 ON EACH SIDE THEN 4 SMALLER LOOPS ALONG THE LENGTH.

THE STRAP IS MADE OF SOFT COTTON THAT IS COMFORTABLE TO HOLD, EITHER GRIPPING IT OR WITH YOUR HANDS INSIDE THE LOOPS.



**EXERCISE
9**

**Seated Forward Bend &
Calf Hamstring Stretch**



STEP BY STEP GUIDE

THERE ARE SEVERAL VARIATIONS OF THIS POSE YOU CAN DO WITH YOUR STRETCH YOGA STRAP

STEP 1

SIT ON THE GROUND OR ON A MAT, KEEP YOUR FEET POINTED UP TO THE CEILING. KEEP YOUR TORSO STRAIGHT AND LOOP THE CENTER OF THE STRAP WITH THE LOGO OVER YOUR FEET.

HOLD THE STRAP CLOSE TO YOUR FEET AND PULL BACK TO STRETCH THE STRAP OUT.

REMEMBER THE STRAP WILL STRETCH SO YOU WILL NEED TO HOLD THE STRAP CLOSER TO YOUR FEET THAN YOU THINK.

YOU SHOULD FEEL THE STRETCHING ALONG THE BACK OF YOUR CALF MUSCLES.

STEP 2

YOU CAN USE THE LOOPS TO HOLD THE STRAP.

WHEN YOU ARE PULLING BACKWARDS, MAKE SURE YOU FEEL YOUR CALVES BEING STRETCHED. HOLD THIS POSITION FOR 20 TO 30 SECONDS.

REPEAT THIS EXERCISE SEVERAL TIMES.

STEP 3

EACH TIME TRY TO USE STRAPS TO PULL YOUR TORSO FORWARDS TOWARDS YOUR FEET (TRY NOT TO ROUND YOUR BACK.)

TRY TO KEEP YOUR BODY STRAIGHT. YOU WILL BE TEMPTED TO BEND AT THE WAIST TO GET YOUR HEAD NEARER YOUR FEET, HOWEVER KEEP YOUR TORSO STRAIGHT.

“ Tips

- If you use the strap, remember to keep length in the spine. Don't round through your back. The priority is not to get your head down to your knees or to touch your feet (not yet anyway – practice....)
- Engage your inner thigh muscles, in order to internally rotate your thighs, creating more space through your sitting bones, giving you more room to fold forward towards your feet.

”

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**Start practicing
like this**



**After Several
weeks of
practice, you
could get here**



**Eventually you
get here**



“ Tips

- Try single leg stretches. These are slightly easier than with both legs out in front of you

- Raising your arm over your head like this is a great stretch.

”



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- Try single leg stretches. These are slightly easier than with both legs out in front of you

- Raising your arm over you head like this is a great stretch.

”



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“ Tips

- Be aware of your inner thigh muscles, engaging them in order to internally rotate your thighs and keep your legs straight. Creating more space through your sitting bones, giving you more room to fold forward.
- If you have particularly tight hamstrings, bend your knees slightly.
- If you have any back problems then you can bend your knees at the beginning until you develop flexibility in your legs.
- If you leave a bit of space between your feet this allows more room in your pelvis to bend forward and make the stretch slightly easier.

”

| **ADVANCED FORWARD BEND AND STRETCHING.**

The pose below is difficult. As you can see, our models' back leg is tucked up behind her. Most people will not be able to perform this without considerable practice.

1. First just try sitting in this position without the strap.
2. Sit on the mat with one leg out in front of you. Toes pointing upwards if you can.



3. Fold the other leg under you.
4. Keep your back straight and long. Shoulders relaxed and straight.
5. If this is OK, then you can introduce the Strap into the exercise.



MORE ADVANCED FORWARD BEND AND STRETCHING.

This pose / photo below looks very similar but the rear folded leg is much further back and requires a lot of hip flexibility.

Click on the photo to open a larger image.



EXERCISE 10

Cow Pose and Sunbird Pose



STRETCHES THE FRONT OF THE TORSO AND NECK. HELPS RELIEVE STRESS. MASSAGES THE SPINE AND INTERNAL ORGANS. GREAT AS A WARM UP BEFORE CLASS ALONG WITH OTHER SPINAL MOVEMENTS.

STEP BY STEP GUIDE

1. START ON YOUR HANDS AND KNEES – IN A TABLETOP POSITION.
2. KEEP YOUR STRETCHY YOGA STRAP CLOSE BY.
3. YOUR KNEES SHOULD BE DIRECTLY BELOW YOUR HIPS AND YOU WRISTS IN LINE WITH YOUR SHOULDERS.
4. SPREAD YOUR FINGERS, MIDDLE FINGER POINTING FORWARD. PLACE YOUR HEAD IN A NEUTRAL POSITION, YOUR GAZE RESTING SOFTLY ON THE FLOOR.
5. DROP THE SHOULDERS DOWN AWAY FROM EARS. TRY NOT TO SQUASH THE BACK OF THE NECK AS YOU LOOK UPWARDS.
6. INHALE, LIFT YOUR SITTING BONES UP TOWARDS THE CEILING. OPEN YOUR CHEST AND ALLOW YOUR BELLY TO SINK TOWARDS THE FLOOR. LIFTING YOUR HEAD TO LOOK STRAIGHT FORWARD OR LOOK UP (WHICHEVER IS COMFORTABLE FOR YOU).
7. EXHALE, RETURN BACK TO YOUR NEUTRAL 'TABLETOP' POSITION.

REPEAT A FEW TIMES TO WARM UP.

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DO NOT ALLOW

- your hips, head, or shoulders to drop.
- Place your hands too close together, which creates internal rotation and instability at your shoulder joint.
- Holding your breath.
- Hold the position too long – it is better to maintain proper form for a shorter period of time. finishing in the same position as picture 1.

”

TO INTRODUCE THE STRAP TO THIS EXERCISE

1. HOLD THE STRAP UNDER YOUR HANDS AS SHOWN IN THE PHOTO (RIGHT).

2. LIFT YOUR RIGHT LEG AND POINT BACKWARDS. TOES POINTING AWAY FROM YOU.

3. THEN WITH YOUR LEFT HAND GRIPPING THE STRAP, PULL YOUR ELBOW BACKWARDS TO A 90 DEGREE ANGLE. YOU ARE PULLING AGAINST THE STRETCH OF THE STRAP.

4. REPEAT USING THE OPPOSITE LEG.



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Tips

- Adjust the length of the strap you are holding to increase or decrease the resistance.
- Or double the strap up to double the resistance.

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EXERCISE VARIATION

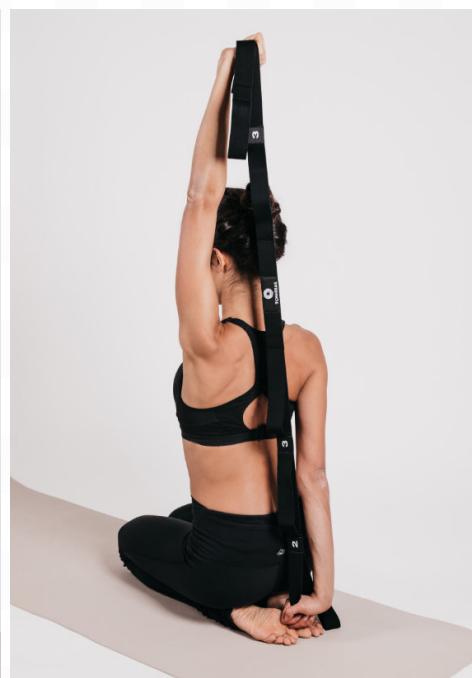
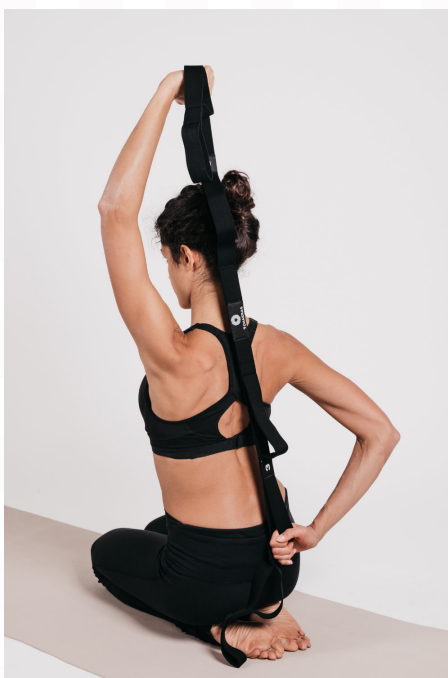
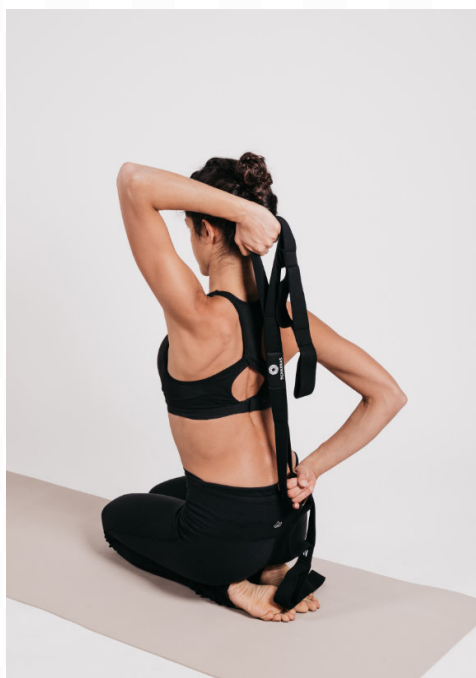
IN THE EXERCISE ABOVE, OUR MODEL IS PULLING HER FRONT ARM OUT TO THE SIDE.

AS A VARIATION YOU COULD EXTEND YOUR ARM OUT IN FRONT OF YOU INTO THE CLASSIC SUNBIRD POSE (PHOTO BELOW) WHILE HOLDING THE STRAP FOR EXTRA RESISTANCE.



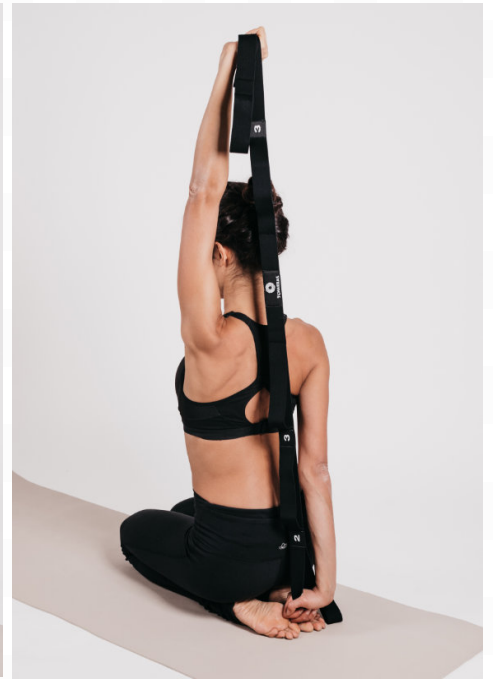
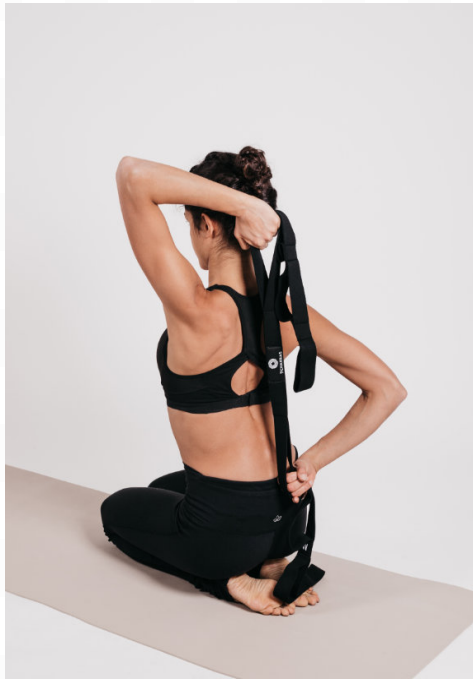
EXERCISE 11

Seated Arm & Back Stretches



A GREAT EXERCISE FOR IMPROVING YOUR POSTURE AND LOOSENING YOUR SHOULDERS.





STEP BY STEP GUIDE

1. BEGIN SEATED (AS SHOWN ABOVE) OR STANDING UP IF YOU FIND SITTING LIKE THIS DIFFICULT.
2. KEEP YOUR BACK AND SPINE STRAIGHT.
3. HOLDING THE STRAP IN YOUR RIGHT HAND, REACH ROUND AND CATCH THE STRAP WITH YOUR LEFT HAND.
4. STRAIGHTEN UP YOUR LEFT HAND.

“ Tips

- Adjust the position of your hands on the strap to vary the amount of resistance in the strap.
- For extra resistance, double up the strap (fold it in half) before grabbing it behind your back. This will increase the resistance.

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EXERCISE 12

Core Twists & Leg strength



AN EXERCISE TO BUILD LEG STRENGTH WHILE TWISTING
TO BUILD CORE STRENGTH





STEP BY STEP GUIDE

1. BEGIN STANDING AS SHOWN
2. KEEP YOUR BACK AND SPINE STRAIGHT. WEIGHT BALANCED BETWEEN EACH FOOT.
3. PLACE ONE FOOT IN THE END LOOP ON THE STRAP AND ONE HAND ON ONE OF THE STRAP LOOPS.
4. YOU WILL NEED TO PLAY AROUND AND FIND THE RIGHT LOOP FOR YOUR HEIGHT.
5. YOU CAN ALSO DOUBLE UP THE STRAP TO INCREASE THE RESISTANCE.
6. LUNGE TO ONE SIDE, EXTENDING YOUR LEG TO BEND YOUR KNEE.
7. AT THE SAME TIME SWING OUT YOUR ARM AND STRAP TO THE SIDE AND EXTEND THE STRAP. YOU WILL FEEL SOME RESISTANCE IN THE STRAP IN YOUR CORE BUT YOU WILL MAINLY FEEL THIS IN YOUR LEGS.

EXERCISE 13

Seated Leg Stretch with Yoga Wheel



A VARIATION ON THE LEG STRETCHING EXERCISES USING THE YOGA WHEEL. THIS IS A TOUGH EXERCISE AS YOU WILL NEED A STRONG CORE TO KEEP BALANCING!

1



2



3



STEP BY STEP GUIDE

1. BEGIN SEATED (AS SHOWN)
2. KEEP YOUR BACK AND SPINE STRAIGHT.
3. PLACE ONE FOOT INTO THE WHEEL.
4. EXTEND THE LEG IN THE WHEEL.
5. THIS MIGHT BE HARD ENOUGH WITH ONE FOOT....HOWVER....
6. IF YOU CAN STRETCH ONE FOOT AT A TIME, THEN YOU CAN TRY TO DO BOTH FEET TOGETHER.
7. MAKE SURE THERE IS NOTHING BEHIND YOU TO FALL ONTO!

Watch the Video here



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Acknowledgements

For more information
please visit our
Amazon Store

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Or to purchase our
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