

# ULTIMATE BEGINNER FLOW

workout by GROUNDED PANDA

\*\*HOLD EACH POSE 15 SECONDS & REPEAT X4. REST 1 MINUTE BETWEEN SETS.

1 CAT-COW

2 DOWN DOG

3 STANDING FORWARD FOLD

4 MOUNTAIN

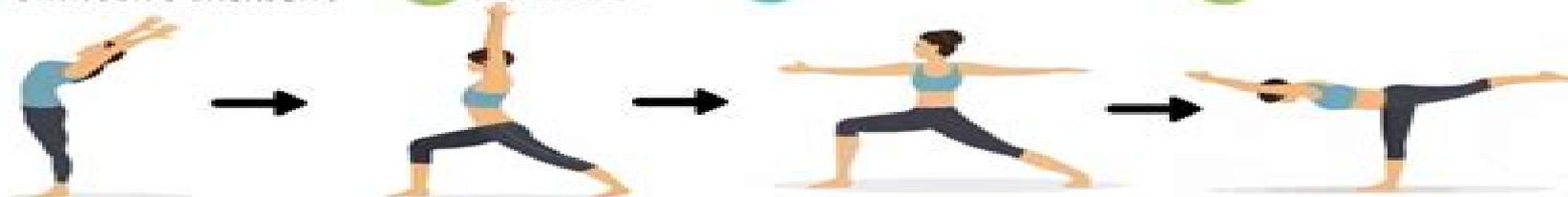


5 STANDING BACKBEND

6 WARRIOR I

7 WARRIOR II

8 WARRIOR III



9 TRIANGLE

10 HALF MOON

11 EXTENDED SIDE ANGLE

12 CHAIR



13 CHATURANGA

14 COBRA

15 EXTENDED SIDE ANGLE

16 SEATED FORWARD FOLD



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**Zhe Xu**



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