

ABS™ Flow with Maria Hykin

Sequence One

1. Sitting
2. Seated Twist With Neck Roll
3. Seated Cat/Cow
4. Child's Pose

Sequence Two

1. Table Top Leg Extension with Ankle Rolls
2. Bird-Dog. Repeat on Other Side.
3. Cat/Cow
4. Child's Pose

Sequence Three

1. Downward Facing Dog
2. Forward Fold
3. Half Way Lift
4. Low Lunge
5. Low Lunge with a Twist
6. Hamstring Stretch
7. Lizard
8. Lizard with a Twist
9. Chatarunga to Updog
10. Downward Facing Dog

Repeat On Other Side

Sequence Four

1. Warrior I
2. Warrior I with Shoulder Stretch
3. Wide Legged Forward Fold
4. Wide Legged Forward Fold With a Twist
5. Wide Legged Fold With a Twist
6. Wide Legged Forward Fold
7. Straddle Halfway Lift
8. Warrior I
9. Warrior I with Shoulder Stretch
10. Straddle Forward Fold
11. Halfway Lift
12. Come to Knees

Sequence Five

1. Gate Pose
2. Modified Side Plank

3. Child's Pose

Repeat on Other Side

Sequence Six Flow Sequence - Child's Pose to Updog

1. Child's Pose
2. Updog

Repeat 2 times

3. Sphinx Pose
4. Sphinx Pose Quad Stretch
5. Downward Facing Dog

Sequence Seven

1. Goddess Flow
2. Forward Fold
3. Half Way Lift
4. Forward Fold
5. Roll to Standing

Sequence Eight

1. Straddle Forward Fold With a Twist
2. Garland
3. Garland With a Bind

Ninth Sequence

1. Downward Facing Dog with Stacked Hips
2. Plank Knee to Elbow
3. Plank Knee to Opposite Elbow
4. Plank Kneel to Chest
5. Pigeon
6. Pigeon with a Twist
7. Pigeon
8. King Pigeon
9. Child's Pose

Repeat Sequence on The Other Side

Sequence Ten

1. Seated Spinal Twist
2. Seated Spinal Twist on Opposite Side
3. Reverse Plank
4. Happy Baby
5. Plow Pose
6. Bridge
7. One Legged Bridge Pose
8. Savasana (Delete Savanna)