



10

Essential Yoga Poses
For Strength
Athletes

Content courtesy of Brandon Hofer



Triangle Pose: Improves hip hinge pattern for kettlebell swings and deadlift



Extended Side Angle Pose: Improves hip mobility for squats and overhead presses



Downward Dog: Improves ankle mobility, decompresses the spine, and benefits Achilles tendon



Low Pyramid Pose: Great for the IT band and hamstrings



Warrior I: Improves front squat



Lunge Variation: Lengthens psoas - great for desk workers



Low Lunge with Quad Stretch Variation: Assists deep knee flexion and thoracic rotation



Pigeon Pose: Opens the hips and alleviates back pain



Showface Pose: Stretches butt muscles you forgot you had



Reclined Spinal Twist: Calms the central nervous system

Yoga For Perfect Health

Michael Rajnik



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