



30 Day

Yoga Weight Loss Challenge



A Chair Pose



B Triangle Pose



C Bridge Pose



D Cobra Pose



E Boat Pose

DAY 1

☐ A 10 sec x 2 sets

☐ B 10 sec (each side)

☐ C 10 sec x 2 sets

☐ D 10 sec x 2 sets

☐ E 10 sec x 2 sets

DAY 2

☐ A 10 sec x 2 sets

☐ B 10 sec (each side)

☐ C 10 sec x 2 sets

☐ D 10 sec x 2 sets

☐ E 10 sec x 2 sets

DAY 3

☐ A 10 sec x 3 sets

☐ B 10 sec (each side)

☐ C 10 sec x 3 sets

☐ D 10 sec x 3 sets

☐ E 10 sec x 3 sets

DAY 4

☐ A 10 sec x 3 sets

☐ B 10 sec (each side)

☐ C 10 sec x 3 sets

☐ D 10 sec x 3 sets

☐ E 10 sec x 3 sets

DAY 5

☐ A 15 sec x 2 sets

☐ B 15 sec (each side)

☐ C 15 sec x 2 sets

☐ D 15 sec x 2 sets

☐ E 15 sec x 2 sets

DAY 6

☐ A 15 sec x 2 sets

☐ B 15 sec (each side)

☐ C 15 sec x 2 sets

☐ D 15 sec x 2 sets

☐ E 15 sec x 2 sets

DAY 7

☐ A 15 sec x 3 sets

☐ B 15 sec (each side)

☐ C 15 sec x 3 sets

☐ D 15 sec x 3 sets

☐ E 15 sec x 3 sets

DAY 8

☐ A 15 sec x 3 sets

☐ B 15 sec (each side)

☐ C 15 sec x 3 sets

☐ D 15 sec x 3 sets

☐ E 15 sec x 3 sets

DAY 9

☐ A 18 sec x 2 sets

☐ B 18 sec (each side)

☐ C 18 sec x 2 sets

☐ D 18 sec x 2 sets

☐ E 18 sec x 2 sets

DAY 10

☐ A 18 sec x 2 sets

☐ B 18 sec (each side)

☐ C 18 sec x 2 sets

☐ D 18 sec x 2 sets

☐ E 18 sec x 2 sets

DAY 11

☐ A 18 sec x 3 sets

☐ B 18 sec (each side)

☐ C 18 sec x 3 sets

☐ D 18 sec x 3 sets

☐ E 18 sec x 3 sets

DAY 12

☐ A 18 sec x 3 sets

☐ B 18 sec (each side)

☐ C 18 sec x 3 sets

☐ D 18 sec x 3 sets

☐ E 18 sec x 3 sets

DAY 13

☐ A 20 sec x 2 sets

☐ B 20 sec (each side)

☐ C 20 sec x 2 sets

☐ D 20 sec x 2 sets

☐ E 20 sec x 2 sets

DAY 14

☐ A 20 sec x 2 sets

☐ B 20 sec (each side)

☐ C 20 sec x 2 sets

☐ D 20 sec x 2 sets

☐ E 20 sec x 2 sets

DAY 15

☐ A 20 sec x 3 sets

☐ B 20 sec (each side)

☐ C 20 sec x 3 sets

☐ D 20 sec x 3 sets

☐ E 20 sec x 3 sets

DAY 16

☐ A 20 sec x 3 sets

☐ B 20 sec (each side)

☐ C 20 sec x 3 sets

☐ D 20 sec x 3 sets

☐ E 20 sec x 3 sets

DAY 17

☐ A 25 sec x 2 sets

☐ B 25 sec (each side)

☐ C 25 sec x 2 sets

☐ D 25 sec x 2 sets

☐ E 25 sec x 2 sets

DAY 18

☐ A 25 sec x 2 sets

☐ B 25 sec (each side)

☐ C 25 sec x 2 sets

☐ D 25 sec x 2 sets

☐ E 25 sec x 2 sets

DAY 19

☐ A 25 sec x 3 sets

☐ B 25 sec (each side)

☐ C 25 sec x 3 sets

☐ D 25 sec x 3 sets

☐ E 25 sec x 3 sets

DAY 20

☐ A 25 sec x 3 sets

☐ B 25 sec (each side)

☐ C 25 sec x 3 sets

☐ D 25 sec x 3 sets

☐ E 25 sec x 3 sets

DAY 21

☐ A 30 sec x 2 sets

☐ B 30 sec (each side)

☐ C 30 sec x 2 sets

☐ D 30 sec x 2 sets

☐ E 30 sec x 2 sets

DAY 22

☐ A 30 sec x 2 sets

☐ B 30 sec (each side)

☐ C 30 sec x 2 sets

☐ D 30 sec x 2 sets

☐ E 30 sec x 2 sets

DAY 23

☐ A 30 sec x 3 sets

☐ B 30 sec (each side)

☐ C 30 sec x 3 sets

☐ D 30 sec x 3 sets

☐ E 30 sec x 3 sets

DAY 24

☐ A 30 sec x 3 sets

☐ B 30 sec (each side)

☐ C 30 sec x 3 sets

☐ D 30 sec x 3 sets

☐ E 30 sec x 3 sets

DAY 25

☐ A 40 sec x 2 sets

☐ B 40 sec (each side)

☐ C 40 sec x 2 sets

☐ D 40 sec x 2 sets

☐ E 40 sec x 2 sets

DAY 26

☐ A 40 sec x 2 sets

☐ B 40 sec (each side)

☐ C 40 sec x 2 sets

☐ D 40 sec x 2 sets

☐ E 40 sec x 2 sets

DAY 27

☐ A 40 sec x 3 sets

☐ B 40 sec (each side)

☐ C 40 sec x 3 sets

☐ D 40 sec x 3 sets

☐ E 40 sec x 3 sets

DAY 28

☐ A 40 sec x 3 sets

☐ B 40 sec (each side)

☐ C 40 sec x 3 sets

☐ D 40 sec x 3 sets

☐ E 40 sec x 3 sets

DAY 29

☐ A 45 sec x 2 sets

☐ B 45 sec (each side)

☐ C 45 sec x 2 sets

☐ D 45 sec x 2 sets

☐ E 45 sec x 2 sets

DAY 30

☐ A 45 sec x 2 sets

☐ B 45 sec (each side)

☐ C 45 sec x 2 sets

☐ D 45 sec x 2 sets

☐ E 45 sec x 2 sets



30 Day

Yoga Weight Loss Challenge



A Chair Pose



B Triangle Pose



C Bridge Pose



D Cobra Pose



E Boat Pose

DAY 1

DAY 2

DAY 3

DAY 4

DAY 5

DAY 6

DAY 7

DAY 8

DAY 9

DAY 10

DAY 11

DAY 12

DAY 13

DAY 14

DAY 15

DAY 16

DAY 17

DAY 18

DAY 19

DAY 20

DAY 21

DAY 22

DAY 23

DAY 24

DAY 25

DAY 26

DAY 27

DAY 28

DAY 29

DAY 30
