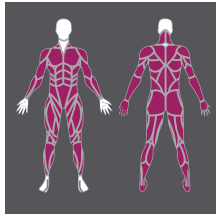


TROJAN™ YOGA MAT

MUSCLES TARGETED



TRIANGLE CAT STRETCH



TABLE POSE



SIDE KNEE LIFT



KNEELING TORSO



SIDE CRUNCH



SEATED TORSO



PLOW



ONE LEGGED PLANK



HALF BOAT POSE



DOWNWARD DOG



COBRA STRETCH



CAT POSE



PLANK



PLANK WITH LEG LIFT



BICYCLE KICK



ALTERNATING KICKS



ABDUCTOR RAISE



AB CRUNCH



UPWARD DOG



TRIANGLE POSE



STANDING MOUNTAIN



TREE POSE



WARRIOR



WHEEL POSE



EXERCISES

YOGA & PILATES