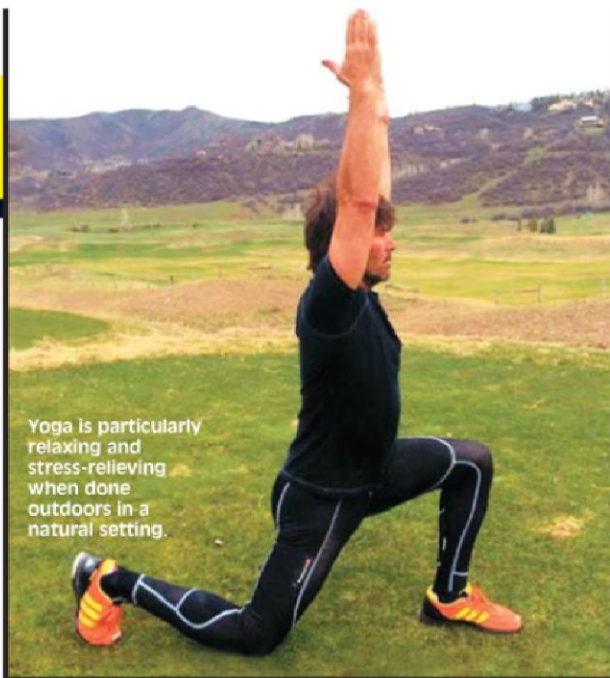




YOGA – Five poses to irrigate and strengthen your 600+ muscles

By Jimmy Minardi



Yoga is particularly relaxing and stress-relieving when done outdoors in a natural setting.

Yoga

Five poses to irrigate and strengthen your 600+ muscles

By Coach Jimmy Minardi

MOVE 3 AS A FORMER professional athlete, I began practicing yoga over 20 years ago as a way to complement my rigorous athletic training. It made an immense difference in my level of fitness that I couldn't get with any other sport, piece of gym equipment or class.

Incorporating yoga into your workout routine is a

great way to improve your core, giving you overall body strength in very specific muscle groups. It also increases flexibility, stability and mobility, allowing for greater range of motion; but most importantly, it will keep you out of the injury bin.

Preventing injuries

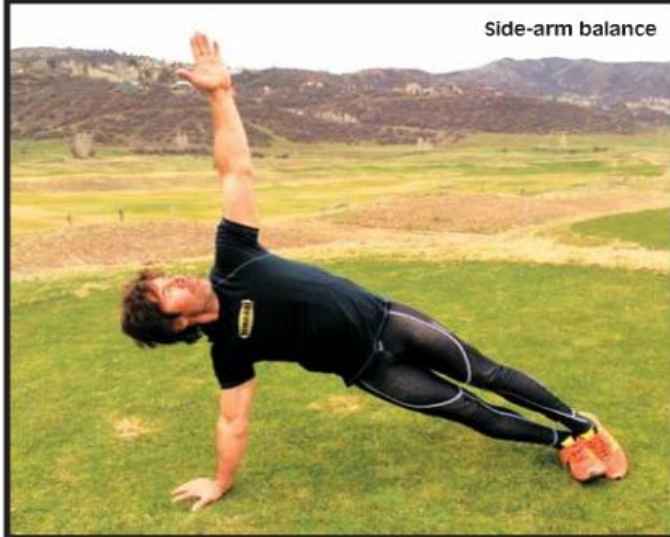
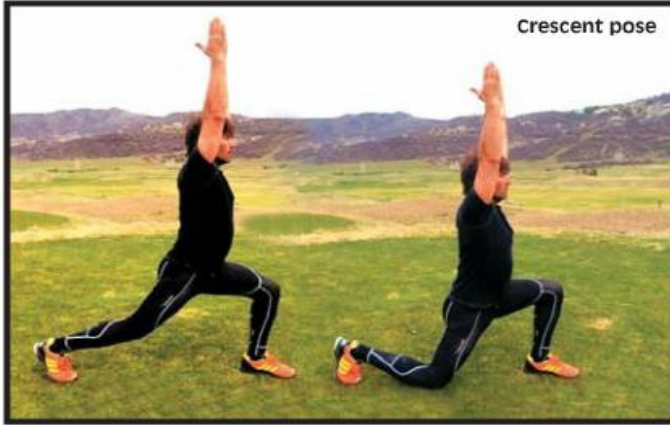
It can be difficult to detect overtraining when you're in the middle of an intense workout. Those endorphins are flowing and you get that feel-good exercise effect. Yoga slows your body down. Each time you practice it, you take your joints through their full range of motion.

As you go through each yoga movement you will feel every muscle – this is the “work in” component. By bearing your weight, you're irrigating your muscles at a low heart rate, so your body is actually recovering at the same time as you're going through different postures – creating this amazing balance in the body.

Effortless effort

In my yoga class, one thing that we focus on is posture and what I call “effortless effort.” If you can't practice effort with ease on a yoga mat, it's not going to happen when you're on your bike, surfboard or in any other athletic endeavor you do.

You need a well-balanced yoga class that focuses on stabilization and mobility, and not primarily on flexibility or achieving a certain yoga pose. That's how injuries happen.



Here are some poses that will help irrigate the body and mind while reinforcing core strength: something that leads to better balance and stability, whether engaging in an athletic endeavor or doing daily activities.

Crescent pose

Benefits: Strengthens the legs and core

Start in a runner's lunge, with one foot forward and flat, and the other back on the ball of your foot, aligning your knee directly over the heel of your front foot. Raise both arms to the ceiling in a salute. Slowly lower your knee and tap it on the floor and back up again.

Repeat this five times and switch to the other foot. Make sure your front shin stays vertical. Widen your stance as needed to make sure that your knee does not move forward past your ankle.

Side-arm balance

Benefits: Strengthens arms and muscles that support the spine; shoulder stabilization

From a plank, shift your weight onto your right arm as you roll onto the outside of your right foot. Keeping both feet flexed, stack left foot on top of the right with the legs very straight.

Bring the left arm up to the ceiling and the gaze to the left fingertips. After several breaths, roll back to the center and do the other side.

Superman

Benefits: Helps strengthen and irrigate the muscles from base of skull to gluteus

Lie on your stomach with toes flat on the floor; chin resting on the floor. Stretch your arms out to the front as far as you can.

Take a deep breath in and lift chest, arms, legs and thighs off the floor. Make a gentle effort to stretch your arms and legs away from your torso. As you exhale, gently lower your chest, arms and legs.

Flying cobra

Benefits: Increases stabilization, mobility and strengthens muscles in the arms, chest, shoulders and back

Lie on stomach with legs spread at hip width and tops of your feet on the floor. Rest your forehead on floor and relax your shoulders; bend your elbows and place your forearms on the floor with your palms turned down and positioned near the sides of your head.

As you inhale, engage your back muscles, press your forearms against the floor, and raise your chest and head. As you exhale, lower your torso and head slowly back to the floor.

Fierce pose/phantom chair

Benefits: Strengthens glutes, quadriceps and great irrigation for lower back

Stand with feet together and bend your knees and lower your hips as you raise your arms overhead. Focus on sitting back into your heels to relieve pressure from your knees and to target the thighs and glutes. Tuck your tailbone in and engage your abs, keeping your spine straight.

Roll your shoulder blades back and down away from your ears to release any tension in the neck or upper body, and gaze up toward the ceiling. 🙏