

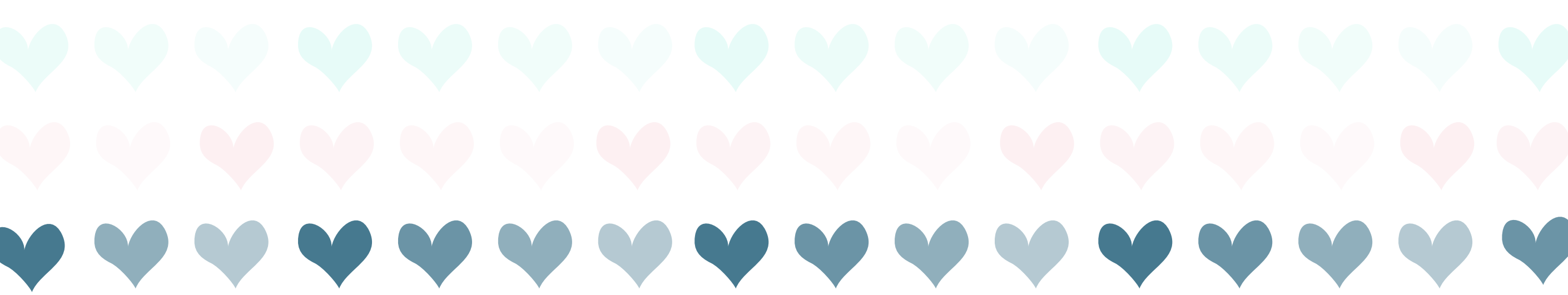
MAGGIE BINKLEY'S
COMPLETE

yoga guide

how to benefit from
15-minute yoga



fitnessmaggie.com



This guide will explain exactly how to incorporate yoga into your weekly workout routine.

Choose from the best option for YOU on the following pages to reap the benefits of yoga in addition to following any of my 15-Minute Workout Series weekly schedules (either no equipment needed OR workouts with weights).

If you are...

Following a SERIES workout schedule

And your goal is to...

Add 15-minutes of yoga each day

Choose Yoga Series 1.0 or 2.0 and follow the schedule provided, adding in the yoga session for the day before or after your scheduled workout (i.e. Full Body Burn 1.0 + Yoga Flow 1.0).

To decide whether you should add the yoga session before or after your workout, listen to your body.

If you feel stiff and fatigued, yoga might be better before your workout. If you feel ready to go, add in yoga after for an amazing stretch post-workout.

If you are...

Following a SERIES workout schedule

And your goal is to...

Add 2-3 yoga sessions each week.

Whether you choose Yoga 1.0 or 2.0,
here is how I recommend you add 2-3
yoga sessions to your week:

MON:

planned
workout +
Monday yoga
session (i.e.
Yoga Flow 1.0)

TUES:

planned
workout

WED:

planned
workout +
Tuesday yoga
session (i.e.
Yoga Core 1.0)

THURS:

planned
workout

FRI:

planned
workout +
Wed. yoga
session (i.e.
Yoga Stretch 1.0)

SAT/SUN:

planned
workout /
rest / optional
yoga to
recover

Repeat from the top once you
complete the Friday yoga session.

If you are...

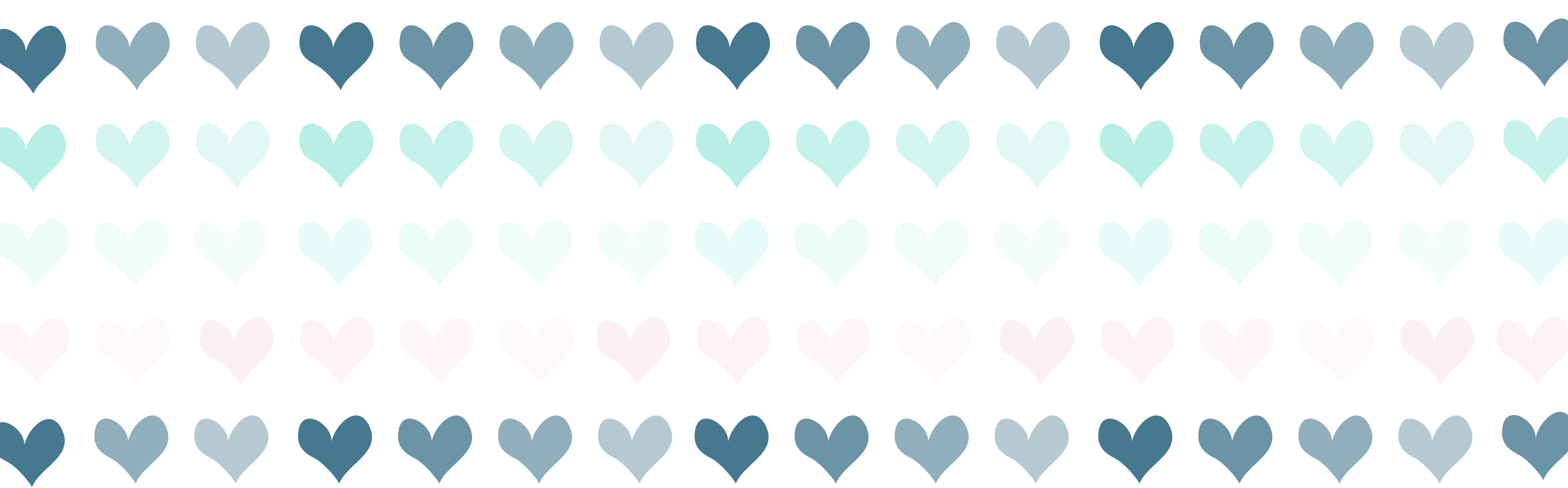
Following a SERIES workout schedule

And your goal is to...

Add one day of to your week.

Follow the Yoga schedule for either 1.0 or 2.0, completing one yoga session each week for 5 weeks in the scheduled order (i.e. Week 1: Yoga Flow 1.0).

After 5 weeks, repeat or move onto the next schedule & follow the same way.



It's my pleasure and honor to lead you through quick, effective yoga sessions that can bring you the benefits of yoga in a minimal amount of time.

Sweaty hugs,
Maggie



fitnessmaggie.com