

the core play



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hey, you!

I'm so glad you are here! My name is Karin Dimitrova and I am a Yoga & Movement Teacher. I have been teaching yoga for several years in Prague until I got an urge to pack everything I own into a backpack and leave the country I grew up in to travel the world. You know.. life.. happens.

I was always drawn to different types of movement practices so I went to Thailand to learn Kung Fu, to Australia for Handstands and to Israel to study Ido Portal Method. As you can see, I haven't been chilling much. Which is good, because it means I have plenty to share with you.

As I am still not ready to settle in one place, I was thinking about how to bring value to YOU even though I am traveling around. That's why this program was created. For all of you who are into moving your body and want to build strong core (foundation of EVERYTHING) in a new creative way. Have fun!

You can usually catch me on Instagram. Come say hi:

www.instagram.com/karindimitrova



why this program?

When I first started my yoga practice, I was absolutely mesmerized by the graceful and fluid movements of my yoga teachers at that time. They were moving so effortlessly and with such ease, while I was huffing and puffing somewhere in the back row. And let's not even talk about trying harder poses, such as various arm balances, headstands or handstands. These were simply not happening, no matter how hard I tried.

With consistent practice, I started to feel some changes. I got stronger, I felt calmer, more focused and had more energy. But plenty of strength-focused asanas were still out of my reach. Next to yoga, I got interested in handstands and animal flow type of movements. I didn't go the traditional yoga route, instead I found a handbalancing coach with a background in gymnastics who started me out on my handstand journey. During that time I realized I need to step up my game big time if I want to achieve things I set my mind to.

Next to the traditional yoga practice, I added various animal movement and gymnastics inspired drills. And that's when I finally started to see and FEEL some crazy changes. My whole life I was doing all sorts of sports, but this was the first time that I finally felt and also looked strong. This change has sparked a big shift in my mind - I felt more confident, carried myself better and started having FUN while practicing, because I could do more challenging things.

I experienced first hand the benefits of a focused approach and that's why this program was created. To simply get you strong and closer to your goals in a fun creative way.

how to work with this plan?

This program is divided into four weeks – all with a different focus. It's a combination of exercises described in pictures and texts (sometimes video for better understanding) and yoga flow videos. First and second week are strongly yoga-inspired, whereas the third week focuses on animal style type of movement and fourth week draws inspiration from my handstand practice.

In every week, you are supposed to practice for six days (5 core days + 1 stretch & restore day) with one day for a complete rest. This is just a very general advice, so please, listen to your body! If you feel like you need more rest, don't worry and add a few more rest days here and there. Then continue as planned.

In every week, there are three days you are going to practice based on this e-book (text + pictures) and then three days when you are going to be following the video material – the link is provided inside this e-book.

I tried to offer as many variations as possible so people of all levels find the drills suitable for them, so make sure you carefully read all the instructions.

I made sure that the practice is short and sweet to suit busy schedule while still get you the results you're after. It doesn't matter if you prefer morning/evening/lunch time, the only important thing is that you actually DO show up on the mat. I personally prefer practicing in the morning. This plan is also a great addition to your regular practice – I would advise you to practice things provided here first (to get your core warmed up and engaged).

medical disclaimer

The information provided in this program is not intended to be a substitute for professional medical advice, diagnosis or treatment. You should consult the physician before beginning any exercise program. You should be in good physical condition and be able to participate in the exercise. Karin Dimitrovova is not a licensed medical care provider and has no expertise in diagnosing, examining, or treating medical conditions of any kind, or in determining the effect of any specific exercise on a medical condition.

You should understand that when participating in any exercise or exercise program, there is the possibility of physical injury. If you engage in this exercise or exercise program, you agree that you do so at your own risk, are voluntarily participating in these activities, assume all risk of injury to yourself, and agree to release and discharge Karin Dimitrovova from any and all claims or causes of action, known or unknown.

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prehab

GET YOUR WRISTS, SHOULDERS AND HIPS
READY & PREVENT INJURIES



prehab

Prehab = do not wait until you need to rehab.

Proper joint preparation is super important. Although this is a program focused mostly on your core, you will need to use your wrist/shoulder/hip strength and flexibility, as well. Especially in the later weeks when things get a bit more challenging and during the yoga flows. That's where prehab comes to play - exercises that are key for strengthening/stretching your joints and prepare them for the load.

Wrists especially are often neglected, yet so crucial for any exercise that requires pushing. Without strong wrists, forget any fancy moves (such as handstands). You might do them a few times, but end up injured and not able to practice for months. Trust me, I learnt the hard way.

Ideally, you go through this joint prep routine every time before you practice. If you're short on time, prioritize the "wrist health" routine.

Note: If your goal is a handstand or arm balances, these are an absolute MUST!

prehab: wrist health

THE EXERCISES

1) Wrist Circles



2) Fingers Back



3) First Knuckle Push-up



4) Fin Push-up



These four exercises form one set. One set is enough but go for more if you feel like it.

wrist health

1) WRIST CIRCLES

- Come into a Tabletop position placing your hands underneath your shoulders, so that the fingers are pointed forward.
- Start to make small circles (and then going bigger) in a clockwise motion.
- Continue for 30 seconds and then repeat in a counterclockwise direction.



wrist health

2) FINGERS BACK

- Come to a Tabletop position and place one of your hands to the centre, this time so that your fingers are facing your knees.
- Place the other hand underneath your shoulder for support.
- Slowly bring your weight back towards your fingertips and start bending the elbow, peeling the palm up from the mat to get a nice stretch in the fingers.
- Make sure that all 4 fingers are still touching the mat, only the thumb is lifted.
- Straighten your arm back.
- Repeat for 10 repetitions.



wrist health

3) FIRST KNUCKLE PUSH-UP

- Start in a Tabletop position with your hands underneath your shoulders.
- Keep the fingers on the mat, lift up your palms and then slowly put them back.
- You can make this exercise easier by bringing your knees closer to your hands.
- Make sure your shoulders are above your knuckles, not behind, the more weight there is on your hands, the harder it will be.
- **Make it harder:** Come into a Plank position.
- Repeat for 10 repetitions.



MAKE IT HARDER



wrist health

4) FIN PUSH-UP

- Come into a Tabletop position with back of your hands down on the mat underneath your shoulders, your fingers are pointing towards one another.
- Make sure your arms are straight.
- Make fists out of your hands and don't worry if that is too hard, just try squeeze them together as much as you can, it will get better.
- Start bending the elbows, so that they are pointing to the sides, lower down with your and come back up.
- Repeat for 10 repetitions.



prehab: happy shoulders

THE EXERCISES

1) Shoulder Opener



2) Scapula Push-up



3) Arms Behind



4) Shoulder Rolls



These four exercises form one set. One set is enough but go for more if you feel like it.

happy shoulders

1) SHOULDER OPENER

- Start in an Extended Puppy Pose - knees under your hips and your arms stretched out.
- Tuck your tailbone and bring your belly to the spine, keep your hands pressing to the mat.
- Hold this position for 30 seconds.
- After that, arch your back, bringing your chest as close to the mat as possible for 20 seconds.
- For the last 10 seconds, re-tuck your tailbone, bringing the belly to the spine while trying to keep your armpits as close to the mat as possible.



happy shoulders

2) SCAPULA PUSH-UP

- Come into a Plank position with your hands underneath the shoulders.
- Keep your arms straight and try to bring your shoulder blades together (retract the scapulae), so that your chest lowers a bit towards the floor.
- Puff up through the thoracic spine by protracting your shoulder blades and therefore allowing your upper back to round.
- Round the back as much as possible and hold for 3 seconds.
- Repeat for 10 reps.



happy shoulders

3) ARMS BEHIND

- Find a seat and extend your arms behind you with fingers pointing away from the body.
- Lift up your hips and slide forward towards your heels until you feel the stretch in your shoulders (and hips, as well).



happy shoulders

4) SHOULDER ROLLS

- **Cactus arms:** Lie down on your belly, extend your left arm to the side with a 90 degree bend in your elbow.
- Lift up your right leg and roll over to the left side.
- Right hand is pressing to the ground, helping you shift the body.
- Find the floor with your right foot.
- Stay for 30 seconds on each side.
- **Extended arms:** Lie down on your belly, extend your left arm to the side.
- Continue as in the "cactus arms" exercise.
- For a bigger stretch, flip the left palm up and reach with your right hand back towards the left palm, potentially taking a bind.

CACTUS ARMS



EXTENDED ARMS



- Stay for 30 seconds on each side.

prehab: open hips & hamstrings

THE EXERCISES

1) Squat to Stand



2) Prayer in a Squat



3) Active Pigeon



These three exercises form one set. One set is enough but go for more if you feel like it.

open hips & hamstrings

1) SQUAT TO STAND

- Start in a Squat with your feet shoulder width apart, toes pointing slightly outwards.
- Put your palms down in front of you and slowly stretch your legs allowing your hamstrings to lengthen.
- Don't worry if you don't stretch your legs completely, simply bend your knees, but make sure to still feel the stretch in your hamstrings.
- Hold the top position for 2 seconds and then come back into a Squat.
- Repeat for 10 repetitions.



open hips & hamstrings

2) PRAYER IN A SQUAT

- Start in a Squat with your feet shoulder width apart, toes pointing slightly outwards.
- If your heels lift up off the floor while doing that, put blocks or books under them for support.
- Bring your hands into a prayer position with your elbows touching the inner sides of your thighs.
- Press your elbows to your thighs allowing them to open even more.
- Repeat for 10 small pulses and hold the last rep for 10 seconds.



open hips & hamstrings

3) ACTIVE PIGEON

- Come into your Lunge position with your front foot placed under the knee, in the centre of the mat.
- Place your hands under the shoulders for support.
- Start bringing your knee down to the side while simultaneously turning the foot on its outer edge.
- Try to go with your knee as close to the mat as your hip allows.
- Come back to the starting position.
- Repeat 10 times and hold the last rep for 20 seconds.



week one

THE HEAT IS ON!
/ DEEP CORE



the heat is on!

deep core

In the first week, we are primarily focusing on our abdominal muscles. All of the exercises (day one, three and five) are done lying on the back, so abs can be isolated as much as possible. The yoga flows (day two, four and six) target not only abs, but other body parts, as well. Think of it as a whole body practice with a core focus.

Some exercises are hard, some easy, but together they create a perfect mixture that will leave you energised and also a bit sweaty.

Read through the instructions carefully as sometimes there is an easier or harder variation provided. It all depends on your level and energy on that current day.

Generally, I advise you to do three sets (four exercises form one set). Listen to your body though and adjust accordingly.

week one: the heat is on!

DAY 1: EXERCISES

1) Leg Raises



2) Eagle Crunches



3) Touch the Toes



4) Side to Side



These four exercises form one set.
Do three sets.

day one

1) LEG RAISES

- Lie down on your back with your legs pointing straight up, press your lower back to the mat and bring your arms along your body, palms facing down.
- With an exhale, slowly start lowering down your legs while keeping your lower back pressed to the mat as much as possible.
- Bring your legs as close to the mat as you can, the goal being to bring them to hover just above the mat.
- With an inhale, bring them back up.
- Easier variation: Try to place your hands under your glutes, palms down or simply bend your knees.
- Repeat for 10 repetitions.





day one

2) EAGLE CRUNCHES

- Lie down on your back with your head resting on the ground.
- Bring both the arms and legs into an Eagle position, don't worry if you can't wrap your arms and legs all the way around.
- Slowly crunch trying to touch your elbows to your knees.
- Repeat for 10 repetitions.
- Wrap your arms and legs the other way and do 10 more repetitions.

day one

3) TOUCH THE TOES

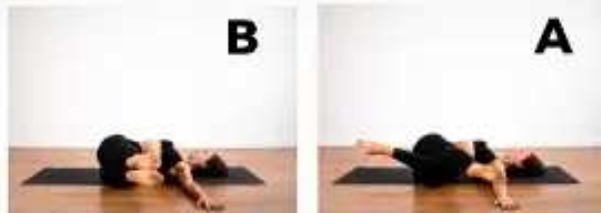
- Lie down on your back with your legs pointed upwards, feet flexed.
- Stretch your arms out in front of you.
- With an exhale, lift up your shoulder blades and try to reach your toes with your fingers.
- Hold the position for a second and then come back down.
- Repeat for 10 repetitions and hold the last rep for 10 second before lowering back down.



day one

4) SIDE TO SIDE

- Lie down on your back with your legs reaching up and bent 90 degrees, your arms are stretched to the sides.
- Slowly start lowering your bent legs to the right side, stop right above the floor and then use the core to come back to the center.
- Repeat for 10 repetitions each side (20 total)
- **Make it harder:** Stretch out the leg that is on the top while performing the movement. (A)
- **Make it even harder:** Stretch out both legs. (B)



day two

Let's get the core fired up with this whole body yoga routine with a focus on abdominal muscles and obliques.

CLICK HERE for the "ACCESS DEEP CORE" practice.



week one: the heat is on!

DAY 3: EXERCISES

1) High-Low Boat



**2) Butterfly
Crunches**



3) Candle



4) Side to Side



These four exercises form one set.
Do three sets.

day three

1) HIGH-LOW BOAT

- Come into a Boat position lifting up your legs, bending your knees 90 degrees and stretching your arms in front of you.
- Try to lift through your chest, avoiding rounding the spine.
- Slowly lower your torso and stretch out your legs until they are hovering above the ground.
- From this position, return to Boat.
- Repeat for 10 repetitions.
- **Make it harder:** Instead of starting with your knees bent, keep your legs straight and keep them that way for the whole duration of the exercise.



MAKE IT HARDER





day three

2) BUTTERFLY CRUNCHES

- Lie down on your back with your head resting on the ground.
- Bring the soles of your feet together into a Butterfly pose and let the knees relax down towards the mat.
- Straighten the arms out towards your legs and place one hand over the other.
- Slowly crunch up and between the legs.
- Repeat for 10 repetitions.

day three

3) CANDLE

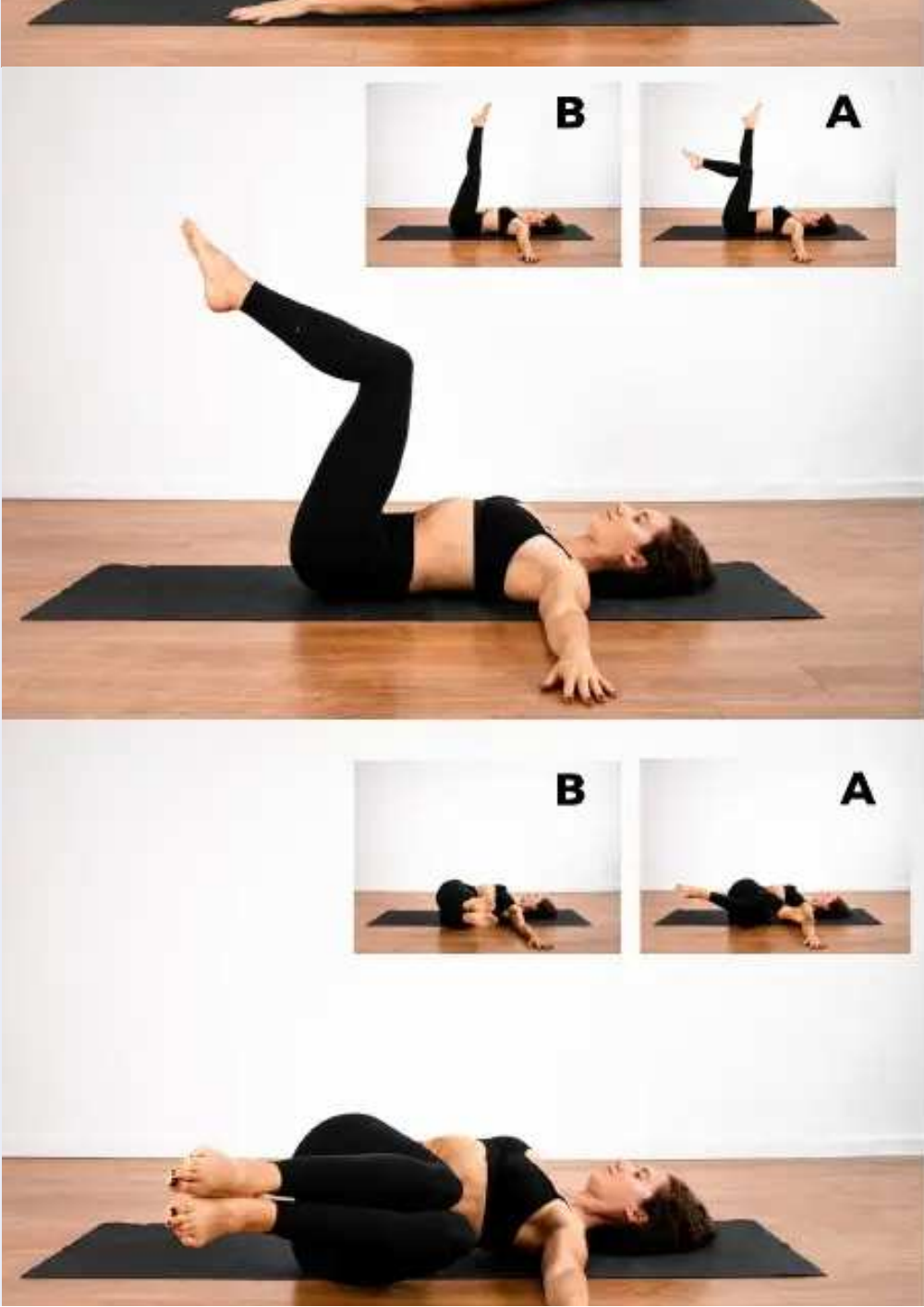
- Lie down on your back with your legs pointed upwards and your arms along the body, palms facing down.
- Using your lower abs, raise your butt off the ground, reaching with your feet up towards the ceiling.
- Try to keep your feet pointing straight up to the ceiling to keep the exercise challenging.
- Slowly bring your butt back to the mat.
- Repeat for 10 repetitions.



day three

4) SIDE TO SIDE

- Lie down on your back with your legs reaching up and bent 90 degrees, your arms are stretched to the sides.
- Slowly start lowering your bent legs to the right side, stop right above the floor and then use the core to come back to the center.
- Repeat for 10 repetitions each side (20 total)
- **Make it harder:** Stretch out the leg that is on the top while performing the movement. (A)
- **Make it even harder:** Stretch out both legs. (B)



day four

Today, I have prepared a **STANDING** core yoga flow to show you another alternative to a standard core training.

CLICK HERE for the "STAND STRONG" practice.



week one: the heat is on!

DAY 5: EXERCISES

1) Leg Raises



2) Eagle Crunches



3) High-Low Boat



4) Candle



These four exercises form one set.

Do three sets.

day five

1) LEG RAISES

- Lie down on your back with your legs pointing straight up, press your lower back to the mat and bring your arms along your body, palms facing down.
- With an exhale, slowly start lowering down your legs while keeping your lower back pressed to the mat as much as possible.
- Bring your legs as close to the mat as you can, the goal being to bring them to hover just above the mat.
- With an inhale, bring them back up.
- Easier variation: Try to place your hands under your glutes, palms down or simply bend your knees.
- Repeat for 10 repetitions





day five

2) EAGLE CRUNCHES

- Lie down on your back with your head resting on the ground.
- Bring both the arms and legs into an Eagle position, don't worry if you can't wrap your arms and legs all the way around.
- Slowly crunch trying to touch your elbows to your knees.
- Repeat for 10 repetitions.
- Wrap your arms and legs the other way and do 10 more repetitions.

day five

3) HIGH-LOW BOAT

- Come into a Boat position lifting up your legs, bending your knees 90 degrees and stretching your arms in front of you.
- Try to lift through your chest, avoiding rounding the spine.
- Slowly lower your torso and stretch out your legs until they are hovering above the ground.
- From this position, return to Boat.
- Repeat for 10 repetitions.
- **Make it harder:** Instead of starting with your knees bent, keep your legs straight and keep them that way for the whole duration of the exercise.



MAKE IT HARDER





day five

4) CANDLE

- Lie down on your back with your legs pointed upwards and your arms along the body, palms facing down.
- Using your lower abs, raise your butt off the ground, reaching with your feet up towards the ceiling.
- Try to keep your feet pointing straight up to the ceiling to keep the exercise challenging.
- Slowly bring your butt back to the mat.
- Repeat for 10 repetitions.



day six

You have worked hard, so you deserve to stretch & restore!

CLICK HERE for the "STRETCH & RELAX" practice.

rest day

Today is a day to just simply chill. Rest is as important as exercise. During exercise and working on strength, you create micro tears to your muscles. With proper rest, these micro tears can heal and create a stronger muscle, as a result.

Instead of just lying around, try "active recovery". I love to walk around the city and exploring new cool cafes (currently sitting in one such place in Lisbon), or go to nature – beaches, oceans, forests, parks.

While walking, I love listening to music (check out Sean Koch, such a cool artist!) or cool podcasts (my favorites are Align Podcast or On Purpose with Jay Shetty).

week two

LET'S GET SERIOUS /
SHOULDERS & CORE BURN





let's get serious shoulders & core burn

We are turning up the heat this week.

Not only is your core gonna be burning, but your shoulders, as well. If you are a yoga practitioner, these exercises will be super beneficial for you, as they are designed to strengthen your whole upper body (if you ever wished for your Down Dog to be a "resting pose", you need this).

Before starting the exercises, please make sure to do (at least!) the wrists prehab, because we are going to be pressing into our hands quite lots.

Let's go!

week two: let's get serious

DAY 1: EXERCISES

1) Knee to Elbow



2) L-sit



3) Lolasana Step Up



4) Slide Throughs



These four exercises form one set.

Do three sets.



day one

1) KNEE TO ELBOW

- Come into your High Plank position.
- Lift up the right leg while keeping the hips squared and with an exhale touch the knee to the right elbow or higher, squeezing the core.
- Come back to your High Plank and repeat with the other leg.
- Repeat for 10 repetitions each leg (20 total).

day one

2) L-SIT

- Sit on the mat with your legs stretched out in front of you and place your hands next to your hips underneath your shoulders or slightly forward.
- Press your hands firmly to the mat, lift up the hips, bring them slightly behind you and then lift up the legs, keeping the feet pointed.
- Try to build up to a 10 seconds hold.
- **Make it easier:** Press your hands firmly to the mat, lift up the hips, bring them slightly behind you and lift up one leg.
- Hold for 3 seconds and repeat on the other side.
- Repeat for 5 repetitions each side (10 total).
- **Tip:** Place yoga blocks under your hands for a better leverage.



MAKE IT EASIER



better leverage.

WEEK 2



day one

3) LOLASANA STEP-UP

- Come into your High Plank position.
- Keeping your hips high, bend the right knee and bring your foot to the centre of your mat (make it harder by bringing the foot closer to your hands), resting top of the foot on the mat.
- Slowly bring your left foot behind the right foot.
- Step back to your High Plank.
- Repeat for 10 repetitions alternating the leading foot.
- **Make it easier:** Place yoga blocks or books

day one

4) SLIDE THROUGHS

- Come into your Plank pose with your socks on and press the top of your feet down to the ground.
- Strongly press your hands to the floor and start pulling your feet closer to your hands with the power of your core.
- Start bending the knees and cross them once you get to your hands.
- Slide through into a Reverse Plank (you can modify by bending the knees) position.
- The same way, slide through back into your Plank.
- Repeat for 10 repetitions.
- **Tip:** Place yoga blocks under your hands to make it a bit easier.



day two

Get ready to LIFT OFF as today we're trying out a flow that will get you into a crow pose. Fun little arm balance that is suitable both for beginners and intermediate practitioners.

CLICK HERE for the "FIRST LIFT OFF" practice.



week two: let's get serious

DAY 3: EXERCISES

1) Butt Back



2) Side Slides



3) Knee to Elbow



4) L-sit



These four exercises form one set.

Do three sets.

day three

1) BUTT BACK

- Come into a Table positions with your feet under the knees and hands under the shoulders or a bit wider.
- Try not to sink in your hips, rather try to lift them up and open through the chest.
- Lower your hips down and bring your butt back by straightening the legs.
- Keep the hips lifted above the mat.
- Come back to a starting position.
- Repeat for 10 repetitions.



day three

2) SIDE SLIDES

- Start in your Plank position with your socks on and the top of your feet down on the ground.
- Keep your legs straight and start bringing your right foot towards your right arm, as close as it goes, moving in a half circle kind of way.
- Bring the foot back to a Plank position.
- Continue with the other side.
- Repeat for 10 repetitions each leg (20 total).





day three

3) KNEE TO ELBOW

- Come into your High Plank position.
- Lift up the right leg while keeping the hips squared and with an exhale touch the knee to the right elbow or higher, squeezing the core.
- Come back to your High Plank and repeat with the other leg.
- Repeat for 10 repetitions each leg (20 total).

day three

4) L-SIT

- Sit on the mat with your legs stretched out in front of you and place your hands next to your hips underneath your shoulders or slightly forward.
- Press your hands firmly to the mat, lift up the hips, bring them slightly behind you and then lift up the legs, keeping the feet pointed.
- Try to build up to a 10 seconds hold.
- **Make it easier:** Press your hands firmly to the mat, lift up the hips, bring them slightly behind you and lift up one leg.
- Hold for 3 seconds and repeat on the other side.
- Repeat for 5 repetitions each side (10 total).
- **Tip:** Place yoga blocks under your hands for a better leverage.



MAKE IT EASIER



better leverage.

WEEK 2



day four

How are you doing with the L-sits in the program? It's definitely not an easy one to master. Let me show you tips and tricks that help + be ready for a core burn.

CLICK HERE for the "L-SIT CORE BURNER" practice.



week two: let's get serious

DAY 5: EXERCISES

1) Lolasana Step Up



2) Side Slides



3) Butt Back



4) Slide Throughs



These four exercises form one set.

Do three sets.



day five

1) LOLASANA STEP-UP

- Come into your High Plank position.
- Keeping your hips high, bend the right knee and bring your foot to the centre of your mat (make it harder by bringing the foot closer to your hands), resting top of the foot on the mat.
- Slowly bring your left foot behind the right foot.
- Step back to your High Plank.
- Repeat for 10 repetitions alternating the leading foot.
- **Make it easier:** Place yoga blocks or books

under your hands.

WEEK 2

day five

2) SIDE SLIDES

- Start in your Plank position with your socks on and the top of your feet down on the ground.
- Keep your legs straight and start bringing your right foot towards your right arm, as close as it goes, moving in a half circle kind of way.
- Bring the foot back to a Plank position.
- Continue with the other side.
- Repeat for 10 repetitions each leg (20 total).



day five

3) BUTT BACK

- Come into a Table positions with your feet under the knees and hands under the shoulders or a bit wider.
- Try not to sink in your hips, rather try to lift them up and open through the chest.
- Lower your hips down and bring your butt back by straightening the legs.
- Keep the hips lifted above the mat.
- Come back to a starting position.
- Repeat for 10 repetitions.



day five

4) SLIDE THROUGHS

- Come into your Plank pose with your socks on and press the top of your feet down to the ground.
- Strongly press your hands to the floor and start pulling your feet closer to your hands with the power of your core.
- Start bending the knees and cross them once you get to your hands.
- Slide through into a Reverse Plank (you can modify by bending the knees) position.
- The same way, slide through back into your Plank.
- Repeat for 10 repetitions.
- **Tip:** Place yoga blocks under your hands to make it a bit easier.



It's a bit easier.



day six

You have worked hard, so you deserve to stretch & restore!

CLICK HERE for the "STRETCH & RELAX" practice.

rest day

Have you ever tried meditation?

If you have a meditation practice, this is a good time to put a bit more focus on that. Meditation has been shown to lower cortisol (stress) levels and therefore help with healing and relaxation. All beneficial not just for the body and muscle recovery, but for the mind, as well.

The whole body is connected and it's foolish to think that you can trick your body into health by only focusing on one part.

If you want to be healthy and happy, you should be mindful about exercise, enough sleep, good nutrition and good thoughts – something meditation can help with.

Don't know where to start? Check out your inbox for a 5 minute meditation.

week three

SOMETHING DIFFERENT /
ANIMAL MOVES





something different animal moves

I wanted this program to be fun, challenging and teaching you something new, so next to yoga I also included other types of movements I picked up over the years. And this week, I have a real treat for you!

Introducing... drum roll... Animal moves! Animal exercises are (as the name suggests) inspired by the animal kingdom. These moves are amazing for increasing your overall strength (with a focus on core), coordination skills and learning how to move with ease.

Approach these with an open mind and remember that there's a learning curve to any new skill. These moves are not EASY, so don't beat yourself up if you don't perform to your liking on the first go. You have this program FOR LIFE so you can come back and keep getting better any time you want. Have fun with it!

P.S.: As these are probably completely new moves for you, I incorporated videos to most

And no more drop probably completely new moves for you, I incorporated what I liked of them. Hope that helps!

week three: something different

DAY 1: EXERCISES

1) Scorpion



2) Frog Jumps



3) Bear Crawl



4) Side Kick



These four exercises form one set.

Do three sets.



day one

1) SCORPION

- Start in a Down Dog position.
- Raise your right leg up high, open the hip and bend the knee.
- Come into a plank position with your right leg lifted and touch the left elbow with your knee.
- Repeat for 10 repetitions and then switch sides (20 total).

day one

2) FROG JUMPS

- Start in a Squat position and place your hands in front of you.
- Press into your palms and bring most of your weight forward.
- Jump up with your legs (try to go as slow as possible and gain control during the jump).
- Arrive with your feet close to your hands, coming back into a Squat position.
- Repeat for 10 repetitions.
- **Video of the move (CLICK HERE)**





day one

3) BEAR CRAWL

- Start in a Tabletop position, push through your feet and hands and lift up your knees from the mat.
- Place your right hand in front while simultaneously stepping forward with your left foot.
- Keep the core tight through the transition.
- Continue with left hand and right foot.
- Do 5 repetitions on each side forwards (10 total) and the same number of repetitions backwards (20 total).

• [Video of the move \(CLICK HERE\)](#)

day one

4) SIDE KICK

- Start in a Tabletop position, push through your feet and hands and lift up your knees from the mat.
- Lean onto your right arm while twisting the body to the left side.
- Stretch out your right leg bringing it to the left side.
- Open your chest and lift up the left arm, bending it at the elbow and bringing the elbow back, allowing you to stretch the chest a bit more.
- Come back into a Tabletop position and repeat on the other side.
- Make 10 repetitions each side (20 total).



- [Video of the move \(CLICK HERE\)](#)

WEEK 3



day two

This little flow combines both yoga & functional movement world. Expect juicy backbends and be ready to be challenged and energized. Remember, the magic lies in the transitions, not the postures, so try to move slowly and consciously.

Practice with me:



week three: something different

DAY 3: EXERCISES

1) Back Roll to Sit



2) Lateral Ape



3) Scorpion



4) Tuck to Side Kick



These four exercises form one set

These four exercises form one set.

Do three sets.

day three

1) BACK ROLL TO SIT

- Start by lying down on the floor with your legs pointed up to the ceiling, arms next to the body.
- Engage the core and bring your legs behind your head (the slower you go, the harder it is).
- Bend the left knee and start rolling forward, bringing your left foot towards your right butt cheek.
- Left leg is bent as well with your foot in front of the right leg.
- Place your hands down for extra help (or not) and come into a modified type of kneeling (as pictured).
- Do 10 repetitions and then switch sides (20 total).



- [Video of the move \(CLICK HERE\)](#)

WEEK 3

day three

2) LATERAL APE

- Start in a Squat position.
- Place your hands to the right side of your feet and move the weight onto your palms.
- Push through your hands, bringing your shoulders up to the ears.
- With your legs kept as straight as possible, shift the weight and arrive to the right side of your hands.
- With shifting the weight onto your palms, your feet will slightly lift off (if you're having trouble with the transition, put on socks for a smoother movement)
- Do 5 repetitions on each side (10 total)

- [Video of the move \(CLICK HERE\)](#)



WEEK 3



day three

3) SCORPION

- Start in a Down Dog position.
- Raise your right leg up high, open the hip and bend the knee.
- Come into a plank position with your right leg lifted and touch the left elbow with your knee.
- Repeat for 10 repetitions and then switch sides (20 total).

day three

4) TUCK TO SIDE KICK

- Come into your Squat position and place your hands in front of you.
- Jump up into a Tuck Handstand (knees bent).
- When you land, put down only the left foot and twist your body to the left side, kicking your right leg to the side.
- Keep your foot lifted off the floor.
- Come back into your Squat position.
- Do 5 repetitions on each side (10 total).
- **Video of the move (CLICK HERE)**



WEEK 3



day four

Prepare for the next lift off with another arm balance – Eka Pada Koundinyasana. Let me show you how to strengthen and prepare for this pose.

Practice with me:



week three: something different

DAY 5: EXERCISES

1) Side Kick



2) Back Roll to Sit



3) Bear Crawl



4) Lateral Ape



These four exercises form one set.

Do three sets.

day five

1) SIDE KICK

- Start in a Tabletop position, push through your feet and hands and lift up your knees from the mat.
- Lean onto your right arm while twisting the body to the left side.
- Stretch out your right leg bringing it to the left side.
- Open your chest and lift up the left arm, bending it at the elbow and bringing the elbow back, allowing you to stretch the chest a bit more.
- Come back into a Tabletop position and repeat on the other side.
- Make 10 repetitions each side (20 total).



- [Video of the move \(CLICK HERE\)](#)

WEEK 3

day five

2) BACK ROLL TO SIT

- Start by lying down on the floor with your legs pointed up to the ceiling, arms next to the body.
- Engage the core and bring your legs behind your head (the slower you go, the harder it is).
- Bend the left knee and start rolling forward, bringing your left foot towards your right butt cheek.
- Left leg is bent as well with your foot in front of the right leg.
- Place your hands down for extra help (or not) and come into a modified type of kneeling (as pictured).
- Do 10 repetitions and then switch sides (20 total).



- [Video of the move \(CLICK HERE\)](#)

WEEK 3



day five

3) BEAR CRAWL

- Start in a Tabletop position, push through your feet and hands and lift up your knees from the mat.
- Place your right hand in front while simultaneously stepping forward with your left foot.
- Keep the core tight through the transition.
- Continue with left hand and right foot.
- Do 5 repetitions on each side forwards (10 total) and the same number of repetitions backwards (20 total).



- [Video of the move \(CLICK HERE\)](#)

WEEK 3

day five

4) LATERAL APE

- Start in a Squat position.
- Place your hands to the right side of your feet and move the weight onto your palms.
- Push through your hands, bringing your shoulders up to the ears.
- With your legs kept as straight as possible, shift the weight and arrive to the right side of your hands.
- With shifting the weight onto your palms, your feet will slightly lift off (if you're having trouble with the transition, put on socks for a smoother movement)
- Do 5 repetitions on each side (10 total)

- [Video of the move \(CLICK HERE\)](#)



WEEK 3



day six

You have worked hard, so you deserve to stretch & restore!

Practice with me:





rest day

Nice practice to get connected to yourself and support proper rest is journaling. It's especially beneficial for people that find meditation a bit too calm and have trouble with just sitting with the present.

Start small by journaling for five minutes every morning. It can be about anything that comes up. This practice will help you clear your head and enjoy the day more.

If you wish to step up your game, you can try to come up with three things you are grateful for that day. Try to maintain this practice for a few days/weeks and see your life change.

Our thoughts have big power – what we focus on, we manifest into reality. Make

sure you focus on the good!

week four

BE FEARLESS /
UPSIDE DOWN STRENGTH



be fearless upside down strength

Getting upside down is a thrilling experience. It's fun, challenging and let's face it – just cool. I love training for handstands and also teaching them, as students always light up when I incorporate them to my yoga classes or workshops.

Beginnings are not easy though, I know that. If you're not yet confident enough to flip yourself upside down, chances are that you are either scared / lacking the strength / don't know where to start. That's why this fourth week we will focus solely on our upside down strength. The following exercises are an amazing starting point for beginners or also a great addition to those of you that already have an inversion practice.

Are you freaking out now because you have no desire to stand on your hands (yet,

hehe)? No worries! I'm sure you will enjoy these anyway. Be prepared for a good core and shoulders burn. And maybe a new love will be sparked!

week four: be fearless

DAY 1: EXERCISES

1) Hollowback Hold



2) Squat to Press



3) Tiptoe Walk



4) Shifting the Weight



These four exercises form one set.

Do three sets.

day one

1) HOLLOWBACK HOLD

- Lie down, press your lower back to the mat, stretch out your legs, point your toes and let your feet hover a few centimetres above the floor.
- Bring your arms next to the body, palms facing up for an open chest.
- This is not easy, so feel free to lift up your legs more, it's easier.
- **Make it easier:** For an even easier version, bend your knees.
- **Make it harder:** Stretch out the arms behind your head, lifting up the head and shoulders, while keeping your lower back flat on the mat.
- You want to hold this position for 30 seconds



MAKE IT HARDER



MAKE IT EASIER



and build up to 60 seconds.

WEEK 4



day one

2) SQUAT TO PRESS

- Start in a Squat position.
- Place your hands in front of you, shoulder width apart.
- Shift your weight onto your hands while straightening your legs and coming onto your toes.
- Round the upper back as much as you can and keep your gaze in between your hands for a good core squeeze.
- Hold for 3 seconds and then come back into your Squat.



- Repeat for 10 repetitions.

WEEK 4

day one

3) TIPTOE WALK

- Start in your Down Dog position.
- Slowly walk the feet as close to your hands as possible into a Forward Fold, while keeping the hips lifted and arms straight.
- Move really slow, lifting one foot as high as possible before placing it back down, drawing the belly button towards the spine.
- Ideally staying on your toes the whole time and pressing firmly into your hands.
- Walk back to Down Dog position.
- Repeat 3 times.



- [Video of the move \(CLICK HERE\)](#)

WEEK 4

day one

4) SHIFTING THE WEIGHT

- Start in a Forward Fold with your feet hip width apart.
- Place your hands in front of you and shift your weight onto your hands by bringing your shoulders over your hands.
- Focus your gaze in between your palms or slightly forward and really squeeze the core.
- Come onto your toes and pull your feet closer to the hands.
- At first, you might not notice any lift or you might have to jump a bit to get closer.
- Try to gradually jump less and less and rely more on your core strength to carry you over.
- Repeat for 10 repetitions.



- Video of the move ([CLICK HERE](#))



day two

Get ready for handstands with this sweaty sweet flow. Next to strengthening, I will show you how to safely enter this incredible pose.

Practice with me:





week four: be fearless

DAY 3: EXERCISES

1) Toe to Wrist Taps



2) Pike Press



3) Long Walk-out



4) Hollowback Hold



These four exercises form one set.
Do three sets.



day three

1) TOE TO WRIST TAPS

- Come into your Forward Fold with your feet hip width apart.
- Shift your shoulders over your wrists and then, leading with the core, lift up ever so slightly one foot and try to tap the back of your wrist with your toes.
- Repeat for 10 repetitions each side (20 total).
- **Make it easier:** If you're having trouble keeping your legs straight or your foot is simply not lifting off, place your hands on yoga blocks or books for leverage and try to tap with your toes the book or the block as high as you can.



- [Video of the move \(CLICK HERE\)](#)

WEEK 4

day three

2) PIKE PRESS

- Come into a High Plank position, tops of the feet are on the ground (use socks for this one).
- Press your hands firmly to the mat and start dragging the feet towards your hands.
- Come as close as possible to your hands and then come back to High Plank.
- Repeat for 10 repetitions.
- **Make it easier:** Instead of keeping your legs straight, bend your knees or use yoga blocks under your hands.



WEEK 4



day three

3) LONG WALK-OUT

- Come into a Forward Fold with your feet together.
- Start walking your hands into a Plank position and then try to make a couple more steps to make a longer Plank shape.
- Keep the pelvis tucked under so that you do not lose your core engagement.
- Hold the position for three second and then start walking with your feet to your hands back into a Forward Fold position.
- Repeat for 5 repetitions.
- **Video of the move ([CLICK HERE](#))**

day three

4) HOLLOWBACK HOLD

- Lie down, press your lower back to the mat, stretch out your legs, point your toes and let your feet hover a few centimetres above the floor.
- Bring your arms next to the body, palms facing up for an open chest.
- This is not easy, so feel free to lift up your legs more, it's easier.
- **Make it easier:** For an even easier version, bend your knees.
- **Make it harder:** Stretch out the arms behind your head, lifting up the head and shoulders, while keeping your lower back flat on the mat.



MAKE IT HARDER



MAKE IT EASIER



- You want to hold this position for 30 seconds and build up to 60 seconds.



WEEK 4

day four

If handstands are your goal, you are going to love this flow. I will show you a different way how to enter the pose and how to properly prepare your body (core and shoulders) for the action.

Practice with me:





week four: be fearless

DAY 5: EXERCISES

1) Pike Press



2) Tiptoe Walk



3) Toe to Wrist Taps



4) Squat to Press



These four exercises form one set.

Do three sets.

day five

1) PIKE PRESS

- Come into a High Plank position, tops of the feet are on the ground (use socks for this one).
- Press your hands firmly to the mat and start dragging the feet towards your hands.
- Come as close as possible to your hands and then come back to High Plank.
- Repeat for 10 repetitions.
- **Make it easier:** Instead of keeping your legs straight, bend your knees or use yoga blocks under your hands.



WEEK 4

day one

2) TIPTOE WALK

- Start in your Down Dog position.
- Slowly walk the feet as close to your hands as possible into a Forward Fold, while keeping the hips lifted and arms straight.
- Move really slow, lifting one foot as high as possible before placing it back down, drawing the belly button towards the spine.
- Ideally staying on your toes the whole time and pressing firmly into your hands.
- Walk back to Down Dog position.
- Repeat 3 times.



- [Video of the move \(CLICK HERE\)](#)

WEEK 4



day five

3) TOE TO WRIST TAPS

- Come into your Forward Fold with your feet hips width apart.
- Shift your shoulders over your wrists and then, leading with the core, lift up ever so slightly one foot and try to tap the back of your wrist with your toes.
- Repeat for 10 repetitions each side (20 total).
- **Make it easier:** If you're having trouble keeping your legs straight or your foot is simply not lifting off, place your hands on yoga blocks or books for leverage and try to tap with your toes the book or the block as high as you can.



- [Video of the move \(CLICK HERE\)](#)

WEEK 4

day five

4) SQUAT TO PRESS

- Start in a Squat position.
- Place your hands in front of you, shoulder width apart.
- Shift your weight onto your hands while straightening your legs and coming onto your toes.
- Round the upper back as much as you can and keep your gaze in between your hands for a good core squeeze.
- Hold for 3 seconds and then come back into your Squat.



- Repeat for 10 repetitions.

WEEK 4

day six

You have worked hard, so you deserve to stretch & restore!

Practice with me:





rest day

During these four weeks, I have already shared three practices with you that help my body and mind to stay balanced – walking, meditation, journaling. I could go on and on, but you know what? There's no need. My goal is not to overwhelm you with information. Because when we're overwhelmed and presented with too many choices – we get paralysed and don't know what to do.

That's why I encourage you to pick one practice we already discussed and focus on that today. If you feel like it, you can also connect those three. Great plan could be to go for a walk in nature, then spend a few minutes journaling and finish it off with a meditation.

If you're not relaxed after that, I don't know!

"Breath of Fire" bonus

CLICK HERE for an amazing pranayama technique that tones your abdominal muscles and wakes up your body. I love practicing this pranayama technique before my practice.

"Stronger Handstand" bonus

CLICK HERE to get to a video with three handstand drills that will build up your strength for holding a handstand.

thank you

I am very grateful that you chose to practice with me and I hope you enjoyed the journey. Hopefully you feel stronger and inspired to continue your practice.

Special "thank you" goes to my boyfriend who sparked this whole idea and made it all possible.

Big thanks also goes to Adela Bohackova, super talented Czech photographer that was so nice to shoot the main page for this program (and my portrait). We met and connected through Instagram and quickly found out we have plenty of things in common – it doesn't stop to amaze me what this little app makes possible!