



"Super Human" Strength Flow

1. Mountain Pose (Tadasana)
2. Pistol Squat Negative
3. Wild Thing (Camatkarasana)
4. Plank with Knee to Chest (Phalakasana Variation)
5. Chaturanga with Knee to Chest (Chaturanga Dandasana Variation)
6. Three-Legged Dog (Eka Pada Adho Mukha Svanasana)
7. One Legged Dolphin (Eka Pada Ardha Pincha Mayurasana)
8. Forearm Stand (Pincha Mayurasana)
9. Tuck Forearm Stand (Pincha Mayurasana Variation)
10. Yogic Squat (Malasana)