

WEEKLY 30-MINUTE FULL BODY MORNING YOGA ROUTINE

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Program Summary

Sessions/Week	6
Duration/Session	30-minute
Suggested Program Duration	10-12 weeks
Workout Level	Beginner to Intermediate
Target Gender	Male and Female
Equipment Needed	Yoga Mat
Program Goal	Improve overall fitness, from physical to mental health.

30-Minute Full Body Morning Yoga

Instructions:

- Perform as many rounds as possible in thirty minutes.
- You can take a little rest between exercises.
- You can make desired changes in this program. For example, you can substitute exercises that are challenging for you to perform with exercises that match your fitness level. Here is an ultimate [list of stretching exercises](#) you can integrate into this routine

Monday

Number	Exercise	Activity
1	Reclining Twist	Stay in the twisted position for 8-10 seconds on each side.
2	Cat-Cow	Hold in cat and cow pose for 6-8 seconds each.
3	Child's Pose	Keep your torso stretched out for 15-20 seconds.
4	Downward-Facing Dog Pose	Breathe deeply as you hold for 5-10 breaths.
5	Standing Forward Bend	Keep your torso bent for 5 to 10 seconds.
6	Chair Pose	Stay in a chair pose for 10 seconds.
7	Warrior 1	Pause for 10 seconds on each side.
8	Warrior Pose II	Hold your body on each side for 15 seconds
9	Superman Pose	Lying on your stomach, raise your arms in front of you and pause for 10 to 15 seconds.
10	Side Plank Pose	Hold your body on each side for 15 seconds

Tuesday

Number	Exercise	Activity time
1	Child's Pose	15-20 seconds
2	Downward-Facing Dog Pose	10-15 seconds
3	Forearm Plank Pose	30-45 seconds
4	Cobra Pose	15-20 seconds
5	Seated Heart-Opener	15-20 seconds
6	Standing Forward Bend	15-20 seconds
7	Low Lunge	15 seconds/side
8	Triangle Pose	10 seconds/side
9	Locust Pose	10-15 seconds
10	Open Triangle	10 seconds/side

Wednesday

Number	Exercise	Activity time
1	Neck and Shoulder Stretches	15-20 seconds
2	Cat-Cow Pose	5 seconds/movement
3	Thread the Needle Pose (Parsva Balasana)	15 seconds on each side
4	Bird Dog Pose	10 seconds on each leg
5	Standing Forward Bend Pose	10-15 seconds
6	Chair Pose	10-15 seconds
7	Eagle Pose (Garudasana)	10-15 seconds
8	Bridge Pose	10-15 seconds
9	Seated Forward Fold Pose	10-15 seconds
10	Reclined Spinal Twist Pose	10 seconds/side

Thursday

Number	Exercise	Activity time
1	Standing Quad Stretch	15-20 seconds
2	Upward Salute	5 seconds/movement
3	Standing Forward Bend	15 seconds on each side
4	Lunge with Spinal Twist	10 seconds on each leg
5	Side Lunge	10-15 seconds
6	Warrior II	10-15 seconds
7	Supine Spinal Twist	5 reps, 5 seconds/side
8	Single-leg Hamstring Stretch	10 seconds/side
9	Locust Pose	10-15 seconds
10	Pyramid Pose	10 seconds/side

Friday

Number	Exercise	Activity time
1	Warrior I	15-20 seconds
2	Downward Facing Dog	5 seconds/movement
3	Garland Pose	15 seconds on each side
4	Cobra Pose	10 seconds on each leg
5	Seated Heart-Opener	10-15 seconds
6	Low Lunge	10-15 seconds
7	Extended Side Angle	10 seconds on each side
8	Glute Bridge	10-15 seconds
9	Cobra Pose	10-15 seconds
10	Bird Dog Plank	10 seconds/side

Saturday

Number	Exercise	Activity time
1	Child's Pose with Reach	15-20 seconds
2	Cat Cow Pose	5 seconds/movement
3	Head to Knee Pose	15 seconds on each side
4	Knee-to-Chest Stretch	10 seconds/side
5	Warrior I	10 seconds on each leg
6	Plank Pose	30-45 seconds
7	Lunge with Spinal Twist	15 seconds on each side
8	Warrior III	10-15 seconds
9	Camel Pose	10-15 seconds
10	Upward Facing Dog	10-15 seconds

Results You Can Expect After 12 Weeks

If you follow the program constantly, you can expect the following benefits after the three months:

- You'll be more flexible,
- You will have better control over your body balance.
- Your muscles will be stronger than they were before starting this routine.

- You'll be able to perform better in physical activities, from running to jumping.
- Your sleeping quality and quantity may improve.
- You'll be more aware of your body and your inner self.

Helpful Resources:

[15-Minute Daily Full Body Stretching Full Body Routine](#)



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