

THEDIETPLANNER.COM

4-Week Yoga for Strength & Flexibility

Build strength, ease tension, move better. A gentle, practical program designed for athletes and gym-goers ready to unlock a calmer, more capable body.



Why Yoga Belongs in Your Training

Faster Recovery

Yoga flushes lactic acid, reduces muscle soreness, and restores your nervous system after hard training sessions.

Injury Prevention

Improved joint stability, balanced muscle engagement, and better body awareness lower your risk of common sports injuries.

Greater Range of Motion

Consistent practice lengthens tight muscles — hips, hamstrings, shoulders — unlocking deeper, freer movement in every lift and stride.



WEEK 1

Foundation — Build Your Base

Focus on alignment and breath. Hold each pose steadily, breathing through any discomfort.

1

Sun Salutation A

3 rounds · 1 breath per movement

2

Downward Dog

Hold 5 breaths · Press heels down

3

Child's Pose

Hold 8 breaths · Rest and reset

4

Warrior I

Hold 5 breaths each side

5

Bridge Pose

Hold 5 breaths · Lift hips high

WEEK 2

Building — Open & Lengthen



This week introduces lateral movement and deeper hip opening. Move with intention — each pose builds on the last.



Sun Salutation B

3 rounds — adds Warrior I and Chair Pose



Warrior II + Triangle Pose

5 breaths each side — open the hips and lengthen the spine



Pigeon Pose + Boat Pose

8 breaths in Pigeon · 5 breaths in Boat — deep hip release and core activation

WEEK 3

Strength Focus — Find Your Power

These poses challenge balance, core stability, and muscular endurance. Embrace the shake — it means you're growing stronger.



Chair Pose

Hold 5 breaths — build quad and glute strength



Warrior III

5 breaths each side — balance and posterior chain



Side Plank

5 breaths each side — obliques and shoulder stability



Crow Pose (Intro)

3 attempts — wrist strength and core engagement



Camel Pose

5 breaths — open the chest and hip flexors

WEEK 4

Integration — Flow With Confidence

Your Full Practice

Week 4 brings it all together. Move through a complete Sun Salutation flow, then explore balance, backbends, and deep forward folds. This is your moment to feel the progress.



Full Sun Salutation

5 rounds, flowing breath to movement



Balance Series

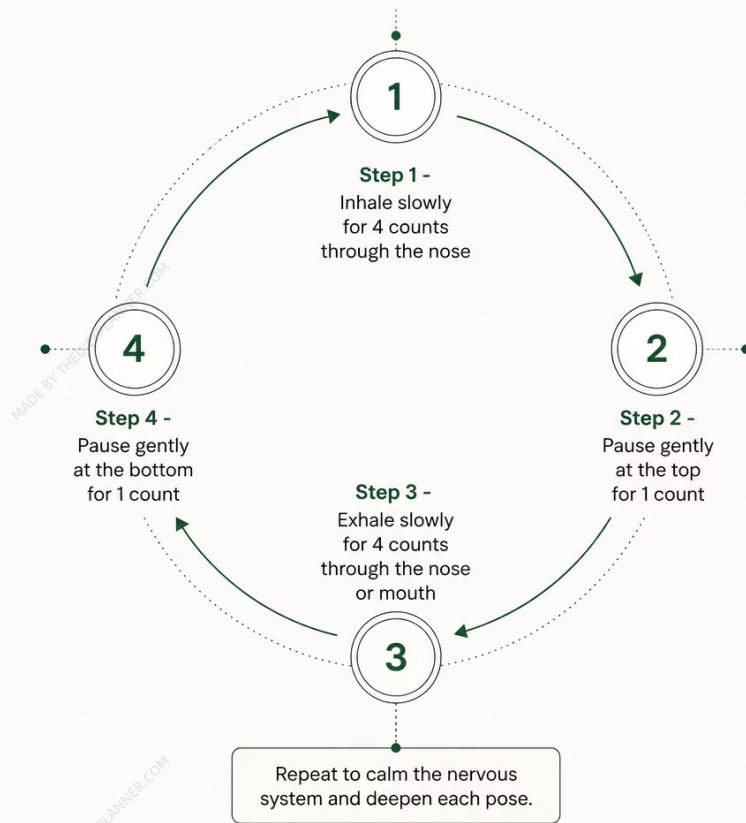
Tree, Eagle, Half Moon — 5 breaths each



Backbends + Forward Folds

Camel, Wheel prep, Seated Forward Fold

Your Breath Is the Practice



Box Breathing (4-4-4-4)

In yoga, breath — or *pranayama* — is the foundation. Use the 4-count inhale and 4-count exhale to:

- Calm your nervous system before practice
- Deepen each stretch on the exhale
- Stay present when a pose gets challenging
- Signal recovery between intense sets



If you feel lightheaded, return to normal breathing. Never force the breath.

Morning vs. Evening — When to Practice

Morning Yoga

Wake up the body, set intention, and prime muscles for the day ahead.

- Sun Salutation A & B
- Warrior I & II
- Chair Pose
- Downward Dog

Evening Yoga

Release the day's tension, calm the mind, and prepare for restful sleep.

- Child's Pose
- Pigeon Pose
- Forward Folds
- Bridge Pose
- Legs-Up-The-Wall



Your Props Toolkit

You don't need perfect flexibility to benefit from yoga. These simple tools meet you where you are.



Yoga Blocks

Bring the floor closer in standing poses and forward folds. Use foam for comfort or cork for stability.



Yoga Strap

Extend your reach in hamstring stretches and shoulder openers. A belt or towel works just as well.



Blanket or Towel

Cushion sensitive knees in Child's Pose, support the lower back in restorative poses, or fold for seated height.

Your 4-Week Tracker

Consistency beats perfection. Log each session and note how your body feels — progress shows up in subtle ways.

Week	Days Practiced	Favorite Pose	Energy (1-5)	Flexibility Note
Week 1	____ / 7	_____ _____	____	_____ _____
Week 2	____ / 7	_____ _____	____	_____ _____
Week 3	____ / 7	_____ _____	____	_____ _____
Week 4	____ / 7	_____ _____	____	_____ _____

How to Spot Progress

- Poses feel more stable and less strained
- Breath becomes deeper and more automatic
- Recovery between workouts improves
- Range of motion increases — even outside yoga
- Mental calm extends beyond the mat

✔ Every session counts — even 10 minutes. You're building a practice, not chasing perfection.