



| S O R O K A  
Y O G A T H E R A P Y

## **30-Minute Home Abdominal Workout**

30 seconds sit ups

30 seconds low-boat pose (v-seat hold)

60 second mountain climber

30 seconds flutter kick

60 seconds plank with one foot off the floor for

30 seconds then switch elevated foot

30 seconds Russian twist (on exhale)

60 seconds side plank hip lifts (30 seconds per  
side)

60 second rest

Repeat 5 times