

# Yoga for **RUNNERS**

DAREBEE WORKOUT

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**40sec** runner's lunge



**40sec** crescent lunge



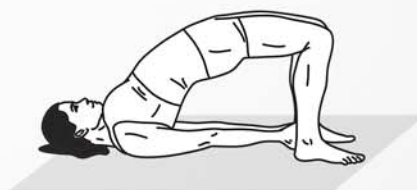
**40sec** triangle pose



**20sec** dolphin pose



**20sec** camel pose



**20sec** bridge pose



**20sec** hollow hold



**20sec** forward bend



**40sec** supine twist