































SUN SALUTATION



30-day challenge



1	 5 rounds	2	 5 rounds	3	 6 rounds	4	 6 rounds	5	 7 rounds
6	 7 rounds	7	 8 rounds	8	 8 rounds	9	 9 rounds	10	 9 rounds
11	 10 rounds	12	 10 rounds	13	 11 rounds	14	 11 rounds	15	 12 rounds
16	 12 rounds	17	 13 rounds	18	 14 rounds	19	 15 rounds	20	 16 rounds
21	 17 rounds	22	 18 rounds	23	 19 rounds	24	 20 rounds	25	 21 rounds
26	 22 rounds	27	 23 rounds	28	 24 rounds	29	 25 rounds	30	 26 rounds



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SUN SALUTATION



30-day challenge

How To Use The Printable

There are 30 squares. Each square is one day that brings you one step closer to your goals: be it **strength, mobility, or weight loss**. You'll start from five rounds of Sun Salutation A on day one and finish with 26 rounds on day 30.

Don't forget to **mark the days** when you successfully completed the sequence or missed the day! (That's what the sun signs are for.) It will help you track the progress.

This is how I suggest you complete the printable. But feel free to do it your way :-)

Completed



Missed Day



Completed 5 rounds instead of 6



Tips

- * **Breathe.** Enter each pose on the correct breath – inhale or exhale.
- * **Modify.** Go slower, use yoga blocks, do a more accessible version of the pose, etc.
- * **Quality Over Speed/Quantity.** 10 rounds of controlled Sun Salutations are better than 20 out-of-breath reps.
- * **Warm Up Before.**

Useful Links

- * **Sun Salutation A: Step-By-Step Instructions (With Illustrations & Modifications) - [CLICK HERE](#)**
- * **Understanding Sun Salutations & Why Practice Them - [CLICK HERE](#)**
- * **Yoga Blocks: How To Use & How To Choose - [CLICK HERE](#)**



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