

10-Minute Beginner Yoga Workout for Stronger Abs

Directions: Work your way through the following series of yoga stretches for a total of 10 minutes. You will want to spend about 30 seconds (or 5 very deep breaths) on each pose, and complete the circuit twice through.

Mountain Pose

Chair Pose

Warrior III (right leg)

Warrior III (left leg)

Side Plank (right side)

Side Plank (left side)

Forearm Plank

Downward Dog

Cobra

Child's Pose