

## Schwinn® Cycling for Yogis - Top 25 Popular Yoga Postures: Evaluating for Cyclist

	Pose	Benefits	Modifications/Enhancements	★★★★	★★★	★
1.	<b>Forward Fold</b> <i>Uttanasana and Ardha Uttanasana</i>	stretches and lengthens low back and hamstrings	bent knees	✓		
2.	<b>Plank &amp; Four Limbed Staff Pose</b> <i>Chaturanga Dandasana</i>	strengthens arms, and core	tops of thighs on mat; elbows on mat		✓	
3.	<b>Cobra/Upward Facing Dog</b> <i>Bhujanga/Urdva Mukha Svanasana</i>	strengthens arms and back; stretches chest, shoulders, abdominals	Locust Pose <i>Salambhasana</i>	✓		
4.	<b>Downward Facing Dog</b> <i>Adho Mukha Svanasana</i>	stretches shoulders, hamstrings, calves; strengthens arms and legs	bent knees	✓		
5.	<b>Child's Pose</b> <i>Balasana</i>	stretches quadriceps, lower back				✓
6.	<b>Chair Pose</b> <i>Utkatasana</i>	strengthens hamstrings, quadriceps, gluteals, core	wide stance revolved			✓
7.	<b>Warrior I</b> <i>Virabhadrasana I</i>	stretches hip flexors/rotators; strengthens hamstrings, quadriceps, gluteals, core	chest expansion (Reverse Prayer)	✓		
8.	<b>Warrior II</b> <i>Virabhadrasana II</i>	stretches adductors; strengthens hamstrings, quadriceps, gluteals, core	lateral spinal flexion (Reverse Warrior)		✓	
9.	<b>Low Lunge</b> <i>Anjaneyasana</i>	stretches hip flexors; strengthens hamstrings, quadriceps, gluteals	bend back knee toward mat; chest expansion; internal rotation	✓		
10.	<b>Extended Side Angle Pose</b> <i>Utthita Parsvakonasana</i>	stretches adductors, obliques; strengthens hamstrings, quadriceps, gluteals	rotate ribs to ceiling and wrap arms behind back; internal rotation			✓
11.	<b>Triangle Pose</b> <i>Utthita Trikonasana</i>	stretches adductors, hamstrings, hip flexors/rotators, obliques, strengthens core	rotate ribs to ceiling and wrap top arm behind back; extend arms parallel to floor	✓		
12.	<b>Intense Side Stretch Pose</b> <i>Parsvottanasana</i>	stretches hamstrings and low back	Reverse Prayer; hands on the wall; internally rotate ribs toward side wall <i>(Parivrtta Trikonasana)</i>		✓	

★★★★ best choice
★★★ good choice
★ optional

Pose		Benefits	Modifications/Enhancements	★★★★	★★★	★
13.	<b>Camel</b> <i>Ustrasana</i>	stretches quadriceps, chest, front shoulder; strengthens back	hands on low back	√		
14.	<b>Tree Pose</b> <i>Vrksasana</i>	strengthens ankles, stretches adductors, improves balance				√
15.	<b>Half Moon Pose</b> <i>Ardha Chandrasana</i>	strengthens lower body, core; stretches hamstrings, calves, adductors, shoulders, chest; improves balance	Bikram version with lateral spinal flexion			√
16.	<b>Eagle Pose</b> <i>Garudasana</i>	strengthens and stretches ankles and calves; stretches rear shoulders and hips; improves balance	standing "figure 4" stretch			√
17.	<b>Lord of the Dance</b> <i>Natarajasana</i>	strengthens lower body, stretches chest, front shoulders, quadriceps, improves balance		√		
18.	<b>Garland Pose</b> <i>Malasana</i>	stretches adductors	levels of depth		√	
19.	<b>Cat/Cow</b> <i>Marjaryasana/Bitilasana</i>	increases spinal mobility	expand range of motion to modified cobra/modified child's pose	√		
20.	<b>Bridge Pose</b> <i>Setu Bandha Sarvangasana</i>	strengthens hamstrings, gluteals, quads, upper back; stretches chest and front shoulders	"table top"	√		
21.	<b>Reclined or Seated Spinal Twist</b>	stretches mid and low back, chest		√		
22.	<b>One-Legged King Pigeon Pose</b> <i>Eka Pada Rajakapotasana</i>	stretches gluteals, psoas	reclined "figure 4" stretch	√		
23.	<b>Staff Pose</b> <i>Dandasana</i>	stretches low back, hamstrings				√
24.	<b>Happy Baby</b> <i>Adanda Balasana</i>	stretches adductors, hamstrings, gluteals	extend legs	√		
25.	<b>Corpse Pose</b> <i>Savasana</i>	relaxation				√