

YOGA WHEEL

Your easy to following guide



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Exercising with the ResultSport Yoga Wheel

The health benefits of regular yoga practice have been well documented for many years and now you can introduce novelty to your postures, with the ResultSport yoga wheel. This fun prop follows the curvature of the spine and has been designed to aid backbends and other stretches.

There has been a lot of press about yoga wheels recently. Their meteoric rise in popularity has been well charted and endorsed by numerous celebrities.

What can yoga do for you?

Not only will Yoga keep you fit, improve your muscle strength, balance, flexibility and posture, but it will also make you a happier, more relaxed person. Studies have shown that aches and pains will go, your immunity will be boosted and your blood pressure will drop. Yoga won't just help you lose weight, tone your body and lower your stress levels, it offers health benefits and mindfulness that will help you get the most enjoyment out of life and make you a better person.

Guide to practising the exercises

The exercises in this book are in no particular order. This e-book is designed to provide you with a variety of exercises to try. You do not have to work your way through all the exercises presented here in a single session. Please consult a qualified yoga instructor who will be able to help you put together a safe program that will suit you. Don't attempt the exercises without proper instruction from a professional, but here are some tips for best yoga practise.

- Keep your core tight while doing activities
- All postures should be mastered on a stable surface first, before moving on to the yoga wheel. You are advised to use a yoga mat at all times.
- Avoid exposing the yoga wheel to rough or abrasive services.
- You are advised not to adapt any of the exercises in this book, unless you are a health or fitness professional.
- Perform the exercises in a slow and controlled manner.
- Avoid straining or holding your breath during exercise
- Always warm up before you exercise
- If you have an injury, please get medical attention before embarking on the exercises.
- Drink plenty of water during and after your exercise session.

Disclaimer

As this eBook is for educational, rather than medical purposes, it is of the utmost importance that you get a physician's approval and proper instruction before beginning the exercises. You must get a proper yoga teacher to show you the correct way to use the yoga wheel. This eBook is simply intended as a rough guide to aid people who are already familiar with yoga postures and yoga best practice. If a qualified yoga teacher recommends that you do not use the yoga wheel or practise these postures, you must follow his or her advice.

Please check the ResultSport yoga wheel for damage or defects before you begin exercising. If it is broken, do not use.

These exercises are intended for healthy adults as a supplement to your exercise regime. It is not designed to replace your existing training methods. Do not overestimate your aptitude and risk over exercising or over stretching.

Do not exercise if you feel dizzy, lightheaded or have a shortness of breath. If you feel pain or discomfort during the exercises, stop and seek medical attention.

You are responsible for your own health and safety when performing these exercises.

The Yoga Poses

Bridge Postures

Bridge postures increase core and lower body strength. They strengthen your spine, abs and hip flexors.

Seated Bridge



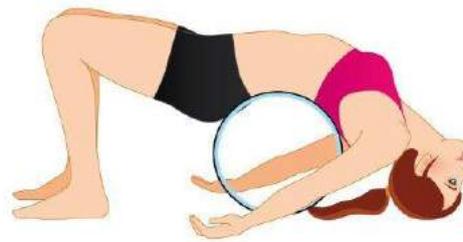
Start: Sit on the floor with your back straight and feet flat on the floor in front of you, with your knees bent. The yoga wheel should be against your back. Lift your hips and lean back against the wheel, bringing your hands out to the side for support, before raising them above your head. Your arms should be in line with your body.

Finish in Open Wheel (see below image): Begin with gentle movement back and forth, moving the wheel up and down the spinal column. Your knees will be bent. Then, keeping your feet on the ground, lift your hips higher and straighten your legs. When the wheel is against the small of your back, gently place the top of your head on the ground and touch the floor with the fingertips of your extended arms. This final position is called open wheel.

Exit all bridge positions by rolling the wheel towards the top of your back, placing your seat on the floor and finding yourself back in seated bridge.



Easy Bridge



Easy Bridge

Start: Get into seated bridge pose. Keeping your feet flat on the floor and your knees bent.

Finish: Roll the wheel along your spine until it's against the small of your back. Drop your head back gently until it touches the floor and extend your arms towards your feet.

Bridge



Bridge

Start: Get into easy bridge.

Finish: Lift your hips for extra stretch.

Extended Bridge



Extended Bridge

Start: Get into bridge position with your hips high.

Finish: Drop the knees, you should feel more pressure on your upper body.

Shoulder stand

Shoulder stand is believed to be good for blood circulation and flexibility.



Shoulder Stand

Start: Get into seated bridge and roll backwards into extended bridge. Grip the edges of the wheel furthest from your back with your hands.

Finish: Raise your legs up into a vertical shoulder stand posture (although you will be at an angle due to your back resting on the wheel.)

Intermediate variation: From the vertical shoulder stand posture, rest your back on the wheel and lower your legs out to either side. You can now elevate your arms to support your legs.



Shoulder Stand Advanced

Plow

The plow provides a strong stretch across your back and shoulders and is believed to improve oxygen flow around the body.



Plow

Start: From the final shoulder stand position, lower your arms and once again grip the edge of the wheel furthest from your back.

Finish: Bring your legs together and lower them slowly so that your knees are close to your forehead.

Intermediate variation: From the final plow position, raise your legs slightly to extend them, before placing the tips of your toes on the floor.



Plow Advanced

Exit shoulder stand and plow by raising your legs back into a vertical shoulder stand and gently lowering your legs away from the wheel.

Front Stretch

This front stretch is good for strengthening the core.



Front Stretch

Start: Get into extended bridge and grip the sides of the wheel furthest away from you.

Finish: Lift your extended legs until they are level with your legs.

Exit front stretch by rolling back into seated bridge.

Crow

The Crow is good for strengthening the abs, arms and wrists.



Crow

Start: Place both hands on the floor in front of you, with your arms straight, as you would in dog posture. Make sure the wheel is positioned behind you so that you can carefully place both shins on the wheel.

Finish: Roll the wheel along your shins, to bring the wheel closer to your body and only your toes are touching. Bend your elbows slightly and bring your knees in to meet your elbows.

Exit the pose by stepping off the wheel, straightening your arms and legs back into dog posture.

Headstand

Headstand will increase your overall strength and stamina



Headstand

Start: Put your elbows on the floor with your hands clasped together. Place the top of your head on the floor so that the back of it slightly supported by your hands. Lift your hips and use your arms to support you, as you go up into headstand. Don't put the weight on your head. If you prefer to do headstand against a wall, that's fine. Just make sure that before you start, the wheel is close enough to you.

Finish: Slowly lower both legs together until your toes touch the wheel

Intermediate variation: From the vertical headstand position, slowly lower one leg onto the wheel so your toes are touching it, before elevating the leg again. Repeat with the other leg.



Headstand Advanced

Exit the posture by bending the knees and bringing both legs back down to the ground.

Seated Pigeon

Pigeon poses are commonly known as hip openers.

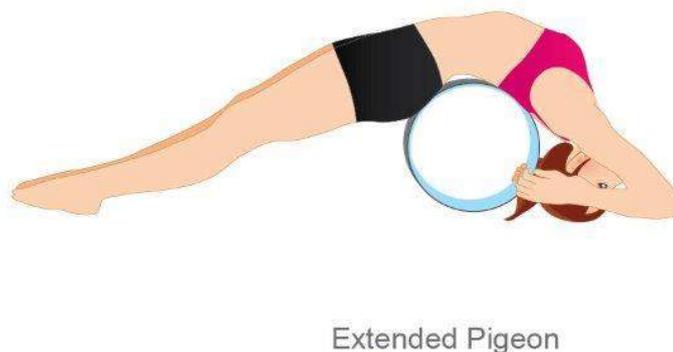


Start: Get into seated bridge and clasp your hands together behind your head, with your elbows out to the side.



Finish (Easy Pigeon): Roll backwards over the wheel until your head is touching the floor. Grip the wheel on the side closest to your head.

Intermediate variation: In the easy pigeon position, drop the knees and extend the legs keeping your feet on the floor. This is extended pigeon.



Exit the posture by returning to seated pigeon.

Resting Pigeon



Resting
Pigeon

Start: Sit on the floor, between your knees, with a foot on either side of the wheel behind you.

Finish: Lean back over the wheel, until your head is touching the floor and touch your feet with your hands.

Half Pigeon



Half Pigeon

Start: Get into resting pigeon.

Finish: Raise your arms so that your elbows are bent upwards and your fingers are touching your face.

Reaching Pigeon



Reaching Pigeon

Start: Get into resting pigeon position.

Finish: Extend your arms over your head and lower until your fingertips are touching the floor.

Intermediate variation: From reaching pigeon, bring your hands back so they are gripping the wheel on the side closest to your head. This is the full pigeon.



Full Pigeon

Tuck



Tuck

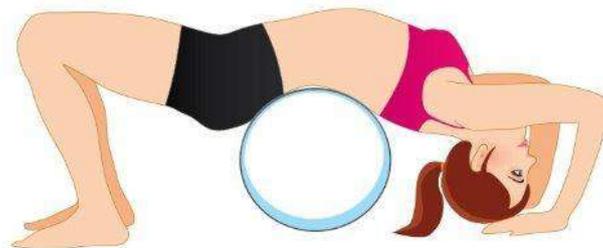
Start: From the extended pigeon position, bend your knees and raise your legs slowly, keeping your back against the wheel.

Finish: From a vertical shoulder stand position, (although you will be at an angle due to resting your back on the wheel) lower your knees, keeping your legs together.

Exit the posture by lowering your back into extended pigeon again, before putting your seat on the floor in a seated bridge posture.

Wheel on wheel

The wheel poses are great chest openers and good for spine flexibility



Wheel on Wheel

Start: Get into the easy bridge position and raise your arms over your head.

Finish: Place your hands flat on the floor, with your elbows facing away from you and support the weight of your upper body with your arms.

Wheel



Wheel

Start: Begin in the wheel on wheel posture.

Finish: Use your arms and legs to push upwards and lift your body in an arch over the yoga wheel.

Exit the wheel positions, by lowering your body back into seated bridge.

Side Stretch



Side Stretch

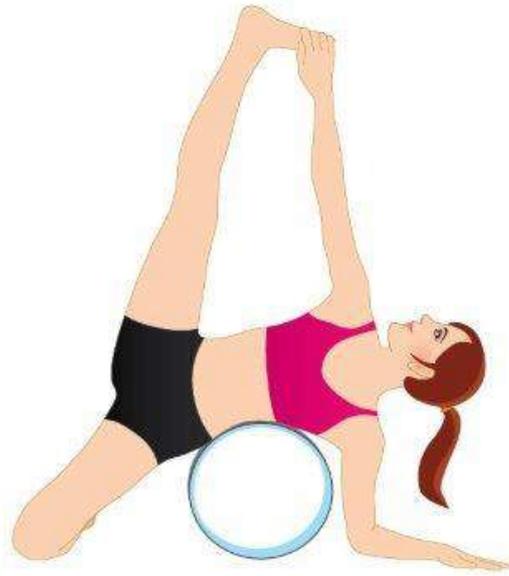
Start: Sit back on your calves, with the wheel to the side of you.

Finish: Extend your arms over your head and press your palms together, before leaning to the side, keeping your body in a straight line. Move the wheel to the other side and repeat.

Exit the stretch by returning to the central sitting position and lowering your arms.

Side Plank

Get your abs working with a side plank stretch



Side Plank

Start: Get into the side stretch position and place your closest forearm to the floor flat on the floor.

Finish: Grip your knee furthest from the floor with your hand furthest from the floor, your arm should be extended and straight.

Intermediate variation: From the final side plank position, raise your upper leg into the air, keeping your hips straight. Grip your raised toes with your upper arm extended in the air.



Side Plank Advanced

Front Split



Front Split

Start: Sit on the floor, facing forwards, with your legs wide apart.

Finish: Slowly lower your body from the waist with your arms extended, until your hands grip the wheel.

One Leg Forward fold



One Leg
Forwardfold

Start: Sit between your legs in the half hero pose. One leg will be folded beside your hip, the other will be stretched out in front of you. The wheel should also be in front of you.

Finish: Place the extended leg on the wheel and bend forwards over the extended leg. You can grip the edge of the wheel furthest from you.

Boat

This pose will strengthen the arms and wrists.

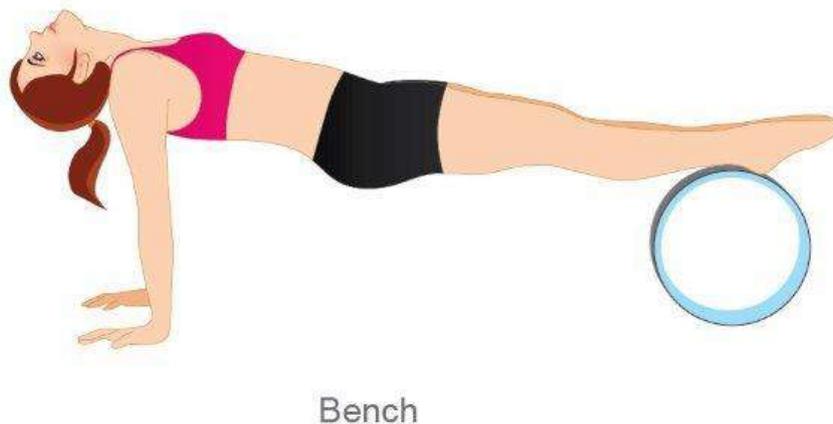


Start: Sit in staff pose with both legs together and extended in front of you, your arms at your sides.

Finish: Place both feet on the wheel. Keeping your legs straight and your body in the seated position and put your hands on the floor. Raise your hips off the floor.

Bench

Great for arms and core strength.



Start: Lie on the floor with your legs together and your arms at your sides. Place both feet on the wheel.

Finish: Place your hands on the floor as if you are about lift yourself into wheel pose, but level with your shoulders. Push yourself upwards so that your body is in a straight line.

One Leg Twist

Twist poses will help you become more flexible.



One Leg Twist

Start: Sit in head to knee pose, before you stretch forwards, so you'll have one leg bent, with your foot close to your groin and the other leg stretched out in front of you.

Finish: Place the foot of the extended leg on the wheel, twist your body towards the side of the bent leg and reach over your head to touch your foot.

Exit this pose by letting go of your foot, returning to face forwards and removing your foot from the wheel. Make sure you stretch each side equally.

Spinal Twist



Spinal Twist

Start: Place both legs in the wheel and pull the wheel upwards so that it is sitting just above the knee.

Finish: Keeping your legs extended facing forwards, with the wheel around them, turn your body to face the left. Reach around with your left arm and grip the wheel. Do the same on the right side.

Forearm Stand

Like the headstand, this pose is great for strength and stamina.



Forearm Stand

Start: Grip the wheel with your hands, place your elbows on the floor, with your head between them.

Finish: Raise your legs into the air until they are vertical. You can lean your legs against a wall if you prefer.

Monkey

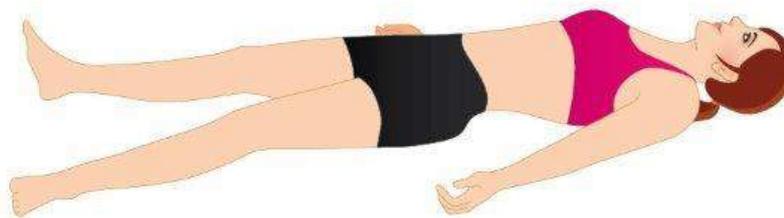


Monkey

Start: Sit on the wheel in hero pose.

Finish: Keeping your back straight, reach back with your arms and grip your feet in your hands

Relaxation



Relaxation

As with any yoga session it's important to relax at the end, by lying on your back, your feet at a comfortable width apart and your palms facing upwards.

The perfect yoga wheel for you

Regular yoga practise will improve your strength, flexibility and fitness levels and the ResultSport yoga wheel will add a new layer of fun and interest to your yoga routine. This Yoga wheel is great for everybody from beginner to advance levels.

You can buy a ResultSport wheel [here](#).

Please get in touch if you'd like to find out more.