

URBNFit™ YOGA WHEEL Workout Guide



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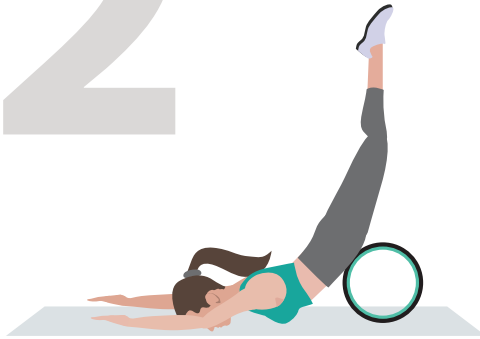
1

Open Shoulders



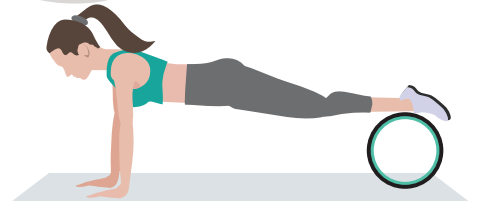
2

Open Shoulders Extended



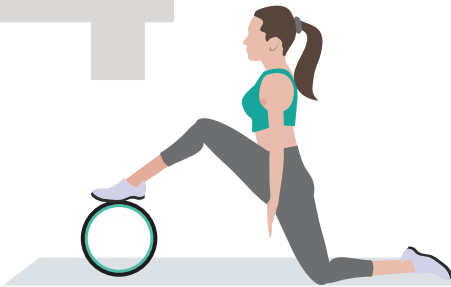
3

Build Core Strength



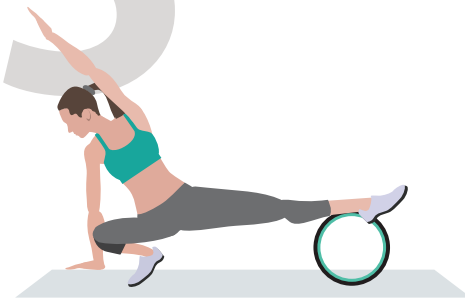
4

Hips, Groin & Thighs



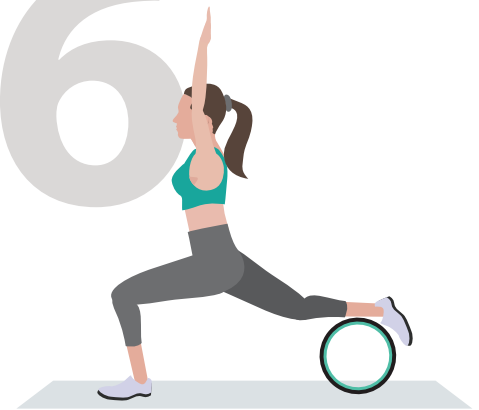
5

Open Hips & Side Body



6

Crescent Pose



7

Calves & Hamstrings



8

Chest, Back & Spine Extension



9

Chest, Back & Arms



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