



# YOGA DOWNLOAD

TAKE YOGA ANYWHERE



**The YogaDownload.com**  
**HardCORE Yoga Program**

# Welcome to the YogaDownload HardCORE Yoga Program

**Change your body, change your thought process, change your life!!**

Our HardCORE Yoga Program is a 4-week intensive workout program designed for experienced yoga students, athletes, or anyone looking for a super-intense power yoga home workout. This program is hard, it will get you into incredible shape, and you will see results.

The HardCORE Yoga Program consists of weight training workouts, cardiovascular exercise, and yoga classes designed to build lean muscle tone, increase stamina and cardiovascular health, and stretch and lengthen every muscle group. This program offers an unparalleled variety of workouts and classes that will keep your muscles confused, your workout well-rounded, and you from getting bored.



## What you will get from this series:

- 🌸 Build lean muscle tone
- 🌸 Boost endurance
- 🌸 Increase cardiovascular health
- 🌸 Stretch and lengthen every muscle group
- 🌸 Foster mindfulness and awareness allowing you to increase positive thought patterns

## The Classes:

Below is the list of classes and descriptions for this program. We suggest you follow the included calendar for maximum results. All classes are led by Becca Riopelle unless otherwise listed.

## The Calendar:

Below the class listings you will find a calendar outlining which class to do each day for the four weeks during program. Feel free to add-on a shorter bootcamp or gentle yoga class to any day or on your off days.

## The Gear:

You will need a yoga mat (or large towel), comfortable clothing, a small towel to dry your sweat, water, and a set of hand weights (3 lbs - 10 lbs depending on your strength level) for these classes. Some classes also require a yoga block, strap, and bolster (you can replace these with a large book, belt, and pillow)



# HardCORE Yoga with Weights™ 1

|60 min|

Get ready to FEEL THE BURN!!! This HardCORE Yoga with Weights™ class will challenge you like nothing you've ever experienced before. Get the VERY most out of your hour on the mat. Perfect for those looking for weight loss and/or major muscle toning. Becca guides and pushes you through challenging core exercises, isometrics, cardio drills, toning, and yoga flow. Definitely have a towel handy, or two, or possibly even three!



---

# HardCORE Yoga with Weights™ 2

|60 min|



Want burn? And then MORE burn?! And then a TON of burn on top of that?! This HardCORE Yoga with Weights™ 2 class combines yoga, strength training, and some serious cardio to get your body into incredible shape in record time. If you're looking to get the very most out of your time spent on the mat, look no further. Becca wastes no time and packs a ton of both traditional and super creative moves into this one hour class. Truly a complete workout that will leave you breathless (in more ways than one). Get ready for a serious challenge, get ready to have fun, and get ready to SWEAT (definitely have a towel handy, or two, or possibly even three)!!





# HardCORE Yoga w/ Weights™ - Love Handles

|60 min|

Another installment of our HardCORE Yoga with Weights classes, and this one is a doozie! This time while completely kicking your butt Becca focuses on poses and moves designed to target your oblique muscles - better known as those pesky love handles. You'll still get a TON of strength training, cardio, and stretching, just get ready to WORK your abs and sides of your core. This is the kind of class where you will see immediate results, and with continued use and combined with our other HardCORE Yoga classes, you'll truly be in the best shape of your life in record time. Get ready to wrok, get ready to sweat, get ready to change your body!



---

# HardCORE Yoga with Weights™ - Abs Blaster

|20 min|



Get ready to build some serious core strength in this 20-minute abs blaster! You will use a block and weights to get deep into the core from every angle possible. This is a VERY challenging abs class, so come prepared to feel the burn, feel your belly and whole body tremble, and sweat!



# HardCORE Yoga with Weights™ - Booty Camp

|35 min|

This class is designed to tone and work your glutes! Get ready to sweat and feel the burn on your backside!



---

# HardCORE Yoga with Weights™ - Upper Body Blast

|30 min|



This class will blast and BURN your upper body. Get ready to rock out and TONE your arms and shoulders. The class will still get your heart rate up and work your entire body, and there are even a few options for some booty work as well!



YOGA DOWNLOAD  
TAKE YOGA ANYWHERE

Copyright © 2015 YogaDownload.com, Inc. All Rights Reserved.

# HardCORE Yoga with Weights™ - Lower Body Toning |30 min|

Define your calves, strengthen your hamstrings, and target the lower body in this 30 minute strength building class. You will move slowly to feel the BURN!



---

## HardCORE Yoga w/ Weights™ - Thigh Blaster |35 min|



This class will tone every part of your thighs - front, back and in between! Get ready to sweat and work your quads, hamstrings and glutes in this 30 minute thigh blast. You won't regret it, but you WILL be feeling it the next day... ENJOY!



## HardCORE Yoga with Weights™ - Cardio Blast

|55 min|

Ready to strengthen, lengthen, and tone while increasing your heart rate and changing your body from the inside out? Prepare yourself for maximum calorie burn and muscle strengthening in this super high intensity class!



---

## HardCORE Yoga with Weights™ - Total Body Blast

|60 min|



Get ready to tone and work your ENTIRE body! Be prepared to work from the front to the back of your mat and work that bod from head to toe...bring a towel, you're going to sweat!



# HardCORE Yoga w/ Weights™ for Weight Loss

|50 min|

Ready to shed those extra lbs from the holidays (or any other day for that matter)? Get ready for a full body BLAST of cardio, strength training, and core tightening. This class will not disappoint and will surely leave you in a puddle of your own sweat.



---

## HardCORE Yoga™ 2 - Balance & Flow

w / Jackie Casal Mahrou

|60 min|



Come to your edge and activate your deep core muscles with this challenging class that combines flow, deep core work, single leg balancing, arm balancing, and handstands. Jackie challenges your physical body while encouraging you to meet your edge with a sense of grace and equanimity.





## Gentle Hatha Yoga 5 - Deep Release w / Jackie Casal Mahrou

|40 min|

The fifth in our highly regarded series, this Gentle Hatha class is for any level of practitioner that is looking for deep relaxation and inspiration. Jackie invites and encourages you to free yourself from stressful clutter in your mind as well as tension in your body through deep hip opening postures, breathing, and balancing.



---

## Gentle Hatha Yoga 6 - Relax & Renew w / Jackie Casal Mahrou

|60 min|



This class is designed for any level of practitioner that desires a slower paced, relaxing, and inspiring yoga class. Jackie guides you through a series of gentle and stress relieving postures for your entire body, while inviting and encouraging you to let go of tension so you can feel a renewed sense of energy.



## It's Been a Long Day w/ Celest Pereira

|60 min|

This class is designed to help you switch off after a long day at work. If your brain feels full and tired but your body needs to move, then this yoga practice will help to soothe your mind and release your body!



---

## BONUS CLASS: HardCORE Yoga with Weights™ Mini Bootcamp

|20 min|



Are you ready to sweat? This 25 minute mini bootcamp class is jam packed with yoga flow, cardio drills, toning, and core movements to strengthen and tone your body from head to toe. Truly a total body stretch and workout, our HardCORE Yoga with Weights classes are designed to take your fitness to a new level while providing a fresh practice to keep things interesting.



## BONUS CLASS: HardCORE Yoga w/ Weights™

### 30 min Bootcamp

|30 min|

Looking to build your way up to Becca's crazy-hard 60 min classes? We designed this class to give you a great and intense workout, but in only 30 minutes so it's more accessible if you're just starting out with weights classes or adding cardio to your yoga practice. This class is also perfect if you love the longer lengths, but are short on time. You'll still get an excellent blend of toning, stretching and cardio all rolled into one rockin' 30 minutes session.



---

## BONUS CLASS: Quicky Stretch & De-Stress w/ Celest Pereira

|25 min|



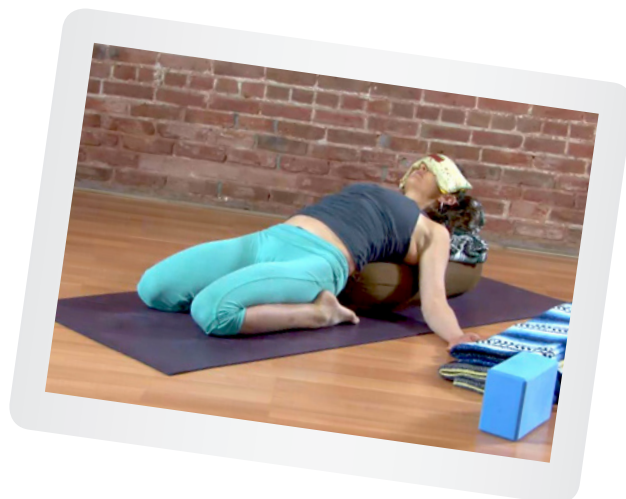
Having one of those days? This soothing restorative class will quickly help you de-stress, stretch out your body, and relax your mind. Through slow, deep breathing and stretching, you can relax your physiology and bring the energy of the body back down which will help your mind get centered and feel connected again.



## BONUS CLASS: Enter the Stillness w/ Alex Cordoba

|35 min|

Movement -- quick movement at that -- is often thought to be synonymous with yoga in that it can be months, even years, before we finally recognize not just the importance of, but the true gift that cultivating and sitting in stillness can be. It is in the sacred equation of yoga and amidst the busyness of our lives. Let this class be just that for you: a gift. To slow down. To enter the stillness so that you can reenter the world feeling refreshed and renewed.



## Congratulations! You Did it!

**Way to go!! You worked hard and it has paid off! Now you're feeling stronger, more flexible, and more connected!**

**For more amazing classes in a wide range of styles, lengths, and levels taught by world-class instructors, visit our ever-growing library at [YogaDownload.com](http://YogaDownload.com)!**

## Stay Connected w/ Us!

Join the YogaDownload community online:

 Like [YogaDownload](#) on Facebook

 Follow [YogaDownload](#) on Twitter

 Join our [YouTube](#) Channel

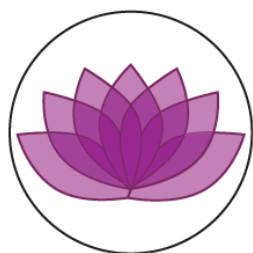
And please remember if you have any questions or need help with anything at all, send us an email to:  
[help@yogadownload.com](mailto:help@yogadownload.com).



**YOGA DOWNLOAD**  
TAKE YOGA ANYWHERE

Copyright © 2015 YogaDownload.com, Inc. All Rights Reserved.





# YOGA DOWNLOAD

TAKE YOGA ANYWHERE

## HardCORE Yoga Program

Mon	Tue	Wed	Thur	Fri	Sat	Sun
Upper Body Blast + Abs Blaster	HardCORE Yoga 2 – Balance & Flow or 20/30 min Bootcamp	Lower Body Toning + Abs Blaster	Yoga: Gentle Hatha Yoga 5 - Deep Release	HardCORE Yoga with Weights™ 1	Rest or 20/30 min Bootcamp	Rest or Quicky Stretch & De-Stress
Love Handles	Cardio Blast	Thigh Blaster + Abs Blaster	Yoga: It's Been a Long Day	HardCORE Yoga with Weights™ 2	20/30 min Bootcamp	Rest or Enter the Stillness
Booty Camp + Abs Blaster	Yoga w/ Weights for Weight Loss	Lower Body Toning + Abs Blaster	Yoga: Gentle Hatha Yoga 6 – Relax & Renew	Total Body Blast	Upper Body Blast	Rest or It's Been a Long Day
Love Handles	HardCORE Yoga with Weights™ 1	Thigh Blaster + Abs Blaster	Yoga: Gentle Hatha Yoga 5 - Deep Release	HardCORE Yoga with Weights™ 2	Booty Camp	Rest or Quicky Stretch & De-Stress