



## MARSHALLS STRETCH YOGA FLOW 2026

This 25–30 minute baseball-specific yoga flow is designed to improve mobility, activate the body, sharpen focus, and prepare athletes for training and competition. Through breathing, movement, and visualization, players will be ready to attack the weight room, develop speed and power, and perform at their highest level on the field.

**Breathe. Move. Compete.**

### Mobility Flow (8 min)

- Cat-Cow x 8
- Thread the Needle x 5/side
- World's Greatest Stretch x 4/side
- Downward Dog x 30 sec
- Inchworm x 5
- Deep Squat Hold x 45 sec
- Spiderman Rotation x 5/side

### Activation Flow (8 min)

- Bird Dog x 8/side
- Fire Hydrant x 10/side
- Glute Bridge x 15
- Side Plank x 30 sec/side
- Dead Bug x 10/side
- Balance Reach x 5 directions
- Yoga Push-Up x 5

### Baseball Flow (6 min)

- Low Lunge Rotation x 30 sec/side
- Warrior II x 30 sec/side
- Triangle Pose x 30 sec/side
- Hip Airplanes x 5/side
- Single-Leg RDL Reach x 8/side
- Athletic Ready Hold x 30 sec

### Recovery (5 min)

- Child's Pose x 1 min
- Seated Fold x 1 min
- Supine Twist x 30 sec/side
- Visualization x 2 min

**Utah Marshalls Daily Mantra**

**Just Breathe**