

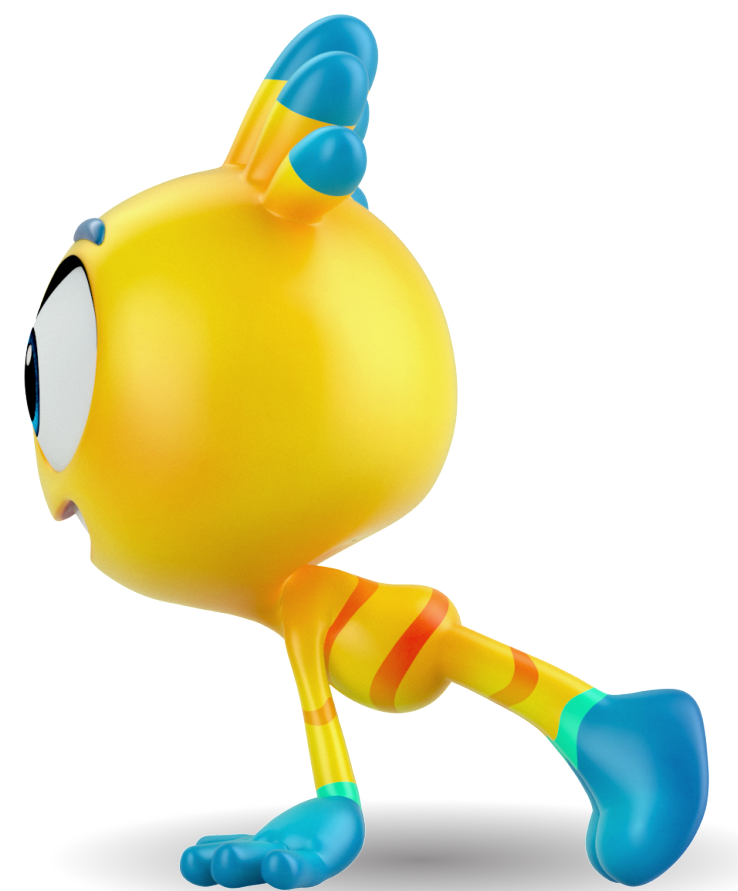
DO SHAPES YOGA!

Fit your body into these shapes
for some fun, stretchy fitness!



I AM A TRIANGLE.
Downward-facing dog pose.

I AM A RECTANGLE.
Plank pose.



I AM A SQUARE.
Table top pose.

I AM A CIRCLE.
Child's pose.



I AM A STAR.
Resting pose.

WHAT'S
YOUR **30**?
30 MINUTES. 30 DAYS.



SKECHERS

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