

WOMEN'S HEALTH COACHING · FREE GUIDE

5 Strength Moves Every *Yogi* Needs.

You don't have to choose between the mat and the barbell. These five moves will make you stronger, more stable, and more powerful in your practice — without ever losing what you love about yoga.

strength is your superpower.

BEFORE YOU BEGIN

Why yogis need to pick up the *weights*.

If you've been practicing yoga for a while, you already know what it feels like to move with intention. You understand breath, body awareness, and showing up consistently. That's not nothing — that's actually most of the battle.

But here's what yoga alone can't give you: **progressive overload**. The kind of stimulus your muscles need to grow stronger, denser, and more resilient over time. The kind that protects your joints as you age. The kind that keeps your metabolism firing through perimenopause and beyond.

The five moves in this guide were chosen specifically because they **directly transfer to your yoga practice**. Every single one targets a muscle group yogis chronically underuse — and building those muscles will make you better on the mat, not worse.

*Flexibility without strength is **borrowed mobility**. Let's make it yours to keep.*

The *Deadlift*

WHY YOU NEED IT

Yoga keeps you moving forward — forward folds, forward lunges, downward dog. What it rarely trains is your **posterior chain**: the glutes, hamstrings, and lower back that power everything from standing poses to transitions. The deadlift fixes that imbalance directly.

YOGA CONNECTION

Stronger hamstrings and glutes mean deeper, more supported forward folds. More lower back strength means better protection in backbends. More hip stability means more control in every standing balance pose.

HOW TO DO IT

- 1 Stand with feet hip-width apart, weight in front of you or between your legs
- 2 Hinge at your hips — think sending them back, not squatting down
- 3 Keep your spine long and neutral, chest lifted
- 4 Drive through your heels to stand, squeezing your glutes at the top

3 sets · 8–10 reps · Rest 60–90 sec

MOVE 02 OF 05

Overhead *Press*

WHY YOU NEED IT

Arm balances and inversions demand serious shoulder stability — not just flexibility. Most yogis have mobile shoulders but lack the **rotator cuff and deltoid strength** to truly support their bodyweight overhead. The overhead press builds exactly that.

YOGA CONNECTION

More stable shoulders mean safer, stronger handstands and headstands. It means your chaturanga stops collapsing. It means you can hold arm balances longer without shaking through your shoulders.

HOW TO DO IT

- 1 Hold dumbbells at shoulder height, palms facing forward
- 2 Press straight up overhead until arms are fully extended
- 3 Keep your core braced — don't arch your lower back
- 4 Lower slowly back to shoulder height with control

3 sets · 8–10 reps · Rest 60–90 sec

Goblet Squat

WHY YOU NEED IT

The goblet squat is one of the most yogi-friendly strength movements that exists. It simultaneously builds **quad strength, glute activation, and hip mobility** — while keeping your spine upright and your core engaged. It's a yoga pose and a strength move at the same time.

YOGA CONNECTION

Stronger legs mean more powerful warrior poses, chair pose, and squatting transitions. Better hip mobility means deeper, more open hip poses without forcing. Your whole lower body practice levels up.

HOW TO DO IT

- 1 Hold a dumbbell or kettlebell at your chest with both hands
- 2 Feet slightly wider than hips, toes turned out slightly
- 3 Squat down keeping chest tall, elbows inside your knees
- 4 Drive through your heels to stand, squeezing glutes at the top

3 sets · 10–12 reps · Rest 60 sec

04

MOVE 04 OF 05

Single Arm *Row*

WHY YOU NEED IT

Yoga is full of pushing movements – chaturanga, plank, downward dog. But it's almost entirely missing **pulling movements**. That imbalance leads to rounded shoulders, tight chest, and weak upper back over time. The single arm row rebalances everything.

YOGA CONNECTION

A stronger upper back opens your chest for deeper backbends. It stabilizes your shoulder blades so you stop collapsing in chaturanga. It creates the structural balance your practice has always been missing.

HOW TO DO IT

- 1 Place one hand and same-side knee on a bench for support
- 2 Hold a dumbbell in the opposite hand, arm hanging straight down
- 3 Pull the weight up toward your hip, leading with your elbow
- 4 Lower slowly with control – the lowering is where the work happens

3 sets · 10 reps each side · Rest 60 sec

MOVE 05 OF 05

Glute *Bridge*

WHY YOU NEED IT

Yoga rarely fires your glutes the way they need to be fired. Most poses keep them in a lengthened position. The glute bridge **directly activates and strengthens your glutes** — the largest, most metabolically active muscle group in your body. This one is non-negotiable.

YOGA CONNECTION

Stronger glutes stabilize your pelvis for every balance pose. They protect your lower back in backbends. They power your transitions. Your whole practice becomes more controlled, more stable, and more effortless.

HOW TO DO IT

- 1 Lie on your back, knees bent, feet flat on the floor hip-width apart
- 2 Place a dumbbell or weight across your hips if you want to add load
- 3 Drive through your heels and squeeze your glutes to lift your hips
- 4 Hold at the top for 2 seconds, then lower slowly

3 sets · 12–15 reps · Rest 60 sec

YOU'VE GOT WHAT YOU NEED

Now it's time to *build*.

These five moves are your starting point. Add them into your week two to three times and give yourself at least four weeks to feel the difference in your practice. You'll notice it first in your stability, then your strength, then your confidence on the mat.

If you want **a full program that blends strength and yoga in a way that's structured, progressive, and designed specifically for women** — that's exactly what I help women build through 1:1 coaching.

READY FOR MORE?

1:1 coaching that blends strength, yoga, nutrition,
and *real habits* — built for your life.

Find me on Instagram and send me a message. Let's talk about what building before the shift looks like for you.

you're stronger than you think.

READY TO CONNECT?

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