

## 8 Yoga Poses You Can Do Anywhere - YouTube

*Kristin McGee stands in front of a neutral background in a workout studio. Mellow guitar music plays.*

ON SCREEN TEXT: Kristin McGee  
Brand Ambassador for C9 by Champion

KRISTIN MCGEE: Hi, I'm Kristin McGee. I'm the Brand Ambassador for C9 by Champion, and I'm gonna show you some of my favorite yoga moves.

*The Target Bullseye logo appears in the bottom right corner.*

ON SCREEN TEXT: abullseyeview.com

*In another part of the workout studio, two banners stand in the background. One features the Target Bullseye, and the other bears the Champion logo. A grey yoga mat lays unrolled on the ground. Two pink hand weights sit alongside.*

*Kristin walks onto the yoga mat and sits.*

*A close-up reveals Kristin as she closes her eyes.*

*Kristin sits in a cross-legged position with her hands resting on her knees. She brings her arms up above her head, interlaces her fingers, faces her palms up, and stretches toward the ceiling. She holds the position.*

ON SCREEN TEXT: side bend

*Kristin bends her body to the left as she continues to keep her arms stretched above her. She holds the position.*

*A close-up of Kristin captures her swaying her side bend to the right side. She holds the position.*

*Kristin brings the pose back to the center and unclasps her hands, bringing her arms in front of her. She twists her arms together, crossing them at the elbow and the wrist, and places her hands with palms together. She holds the position.*

*A close-up features Kristin's eagle arms pose as she raises her arms slightly.*

ON SCREEN TEXT: eagle arms

*Kristin brings her arms down and stretches them to her sides. She then brings them back together into the eagle arms pose with the other arm on top. She raises her arms.*

*Kristin releases her arms and rests them on her left side, stretching her torso towards the back. She holds the pose.*

ON SCREEN TEXT: seated twist

*Kristin twists to the right side and stretches her torso again.*

*Kristin releases the pose and brings her arms behind her.*

*A close-up reveals Kristin's back and the positioning of her hands. She reaches one arm up and bends it at the elbow. Her other arm, at her side, also bends at the elbow. Her hands meet between her shoulder blades, and she hooks her fingers together. Kristin holds this position.*

ON SCREEN TEXT:       shoulder stretch

*Kristin releases her hands and reverses their positions to do the shoulder stretch on the opposite side.*

*A close-up of Kristin reveals her giving a small smile.*

*Kristin releases the pose and extends her legs out in front of her. With her arms behind her and her knees bent at about 90 degrees, she brings her right leg across her body and rests her right ankle on top of her left knee. She holds the position.*

ON SCREEN TEXT:       hip opener

*Kristin brings her right leg down and continues the hip opener, switching to the opposite side.*

*A close-up reveals Kristin's left leg stretching on her right knee.*

*Kristin brings her leg down. She holds the soles of her feet together, bringing them about a foot from her body and extending her knees to the sides. She holds one hand over each foot and straightens her back before bending forward at about a 60-degree angle.*

ON SCREEN TEXT:       bound angle

*A close-up reveals Kristin's hands, still holding onto her feet. She bends forward further and holds the pose.*

*Kristin releases her feet and stretches her legs straight out in front of her. She folds forward and holds her toes.*

ON SCREEN TEXT:       seated forward bend

*A close-up captures Kristin gripping her toes and stretching forward.*

*Kristin releases her feet and turns, sitting lengthwise on the yoga mat. She leans back slightly and raises her legs, bending her knees so her shins are shoulder-height and parallel to the ground. She extends her arms forward, not touching her legs, and holds the position.*

ON SCREEN TEXT:       boat pose

*A close-up reveals Kristin's arms and legs stiffly held in the boat pose position. Kristin holds the boat pose briefly, then lowers her feet and arms to the ground.*

*A close-up reveals Kristin back on the other side of the room. She smiles.*

KRISTIN MCGEE: Thanks for watching. I hope you enjoyed these yoga poses.

*The Target Bullseye logo appears on a blurred background of Kristin sitting cross-legged on the yoga mat.*

ON SCREEN TEXT:      A BULLSEYE VIEW  
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