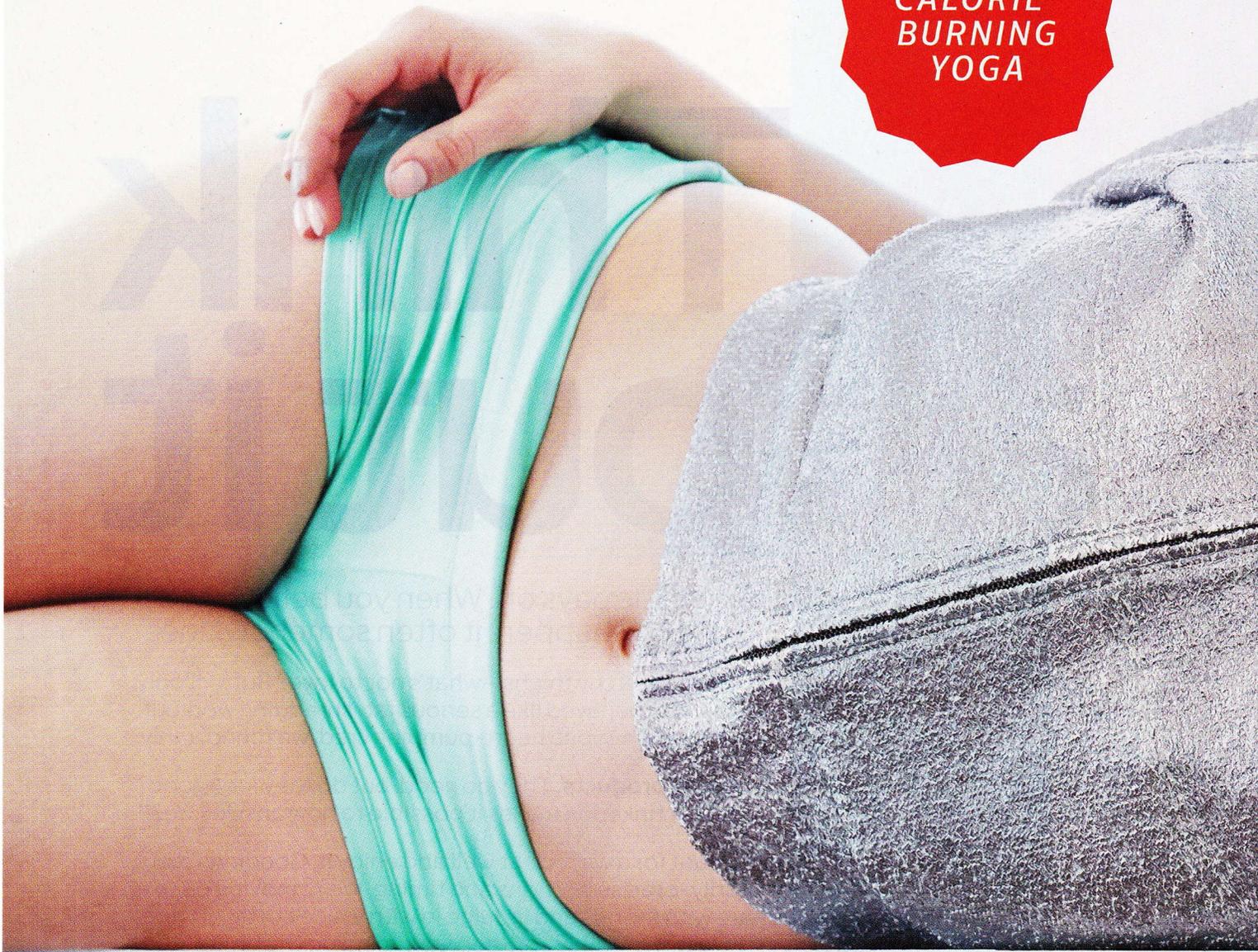


Lean, long

CALORIE-
BURNING
YOGA



Finally: Yoga that builds lean muscle and makes the fat melt away. This just-right blend of sculpting and calorie-torching poses gives you the slim, defined physique you want and the strong, clear mind you need.

& strong



By Jaclyn Emerick

Photographs by Francisco Garcia

STEAL HER STYLE: Martel hoodie. Mika Yoga Wear shorts.

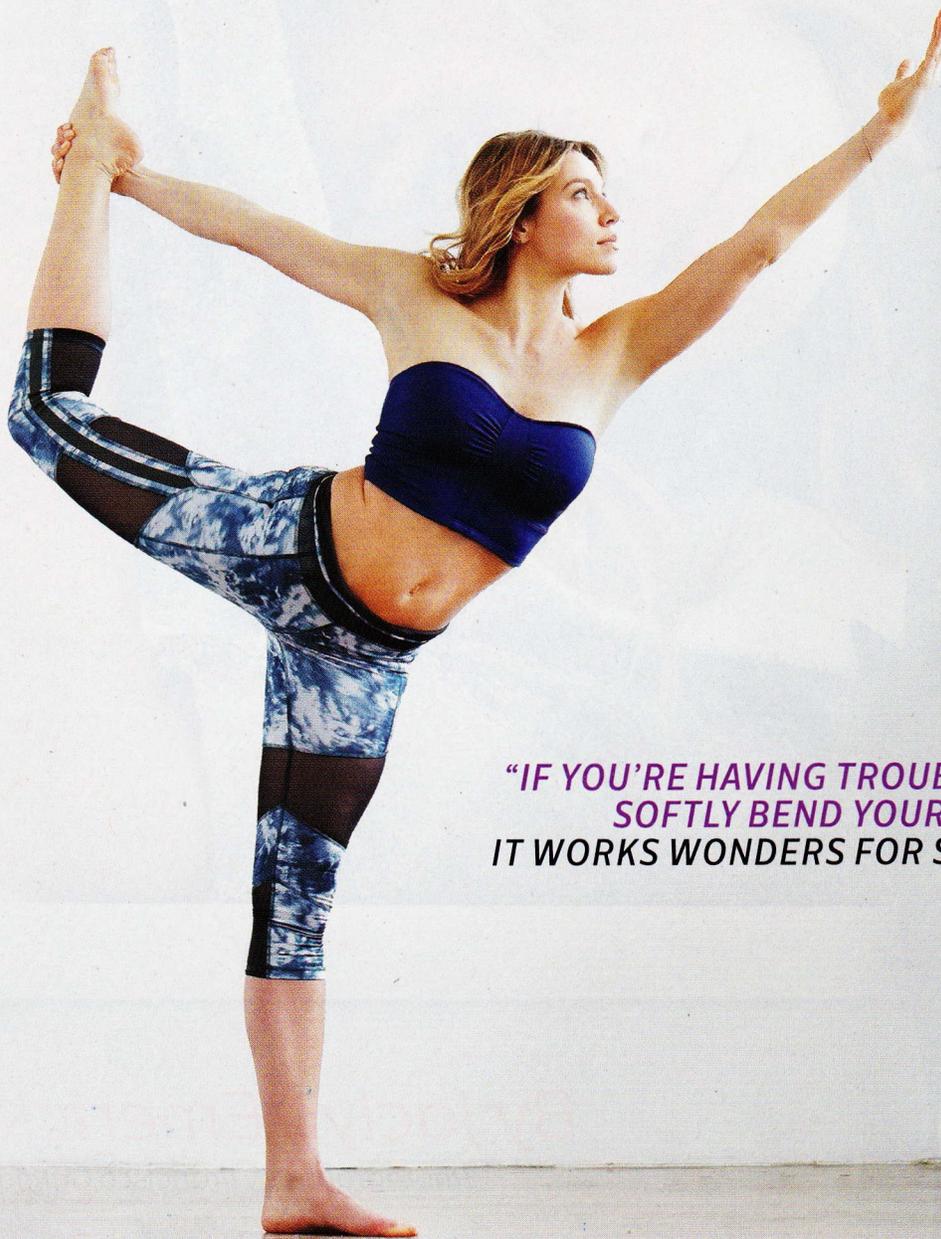
If you think yoga is slow and boring, you've never heard of CrossFlowX, a hot New York City class that turns beautiful, strengthening poses (such as arm balances, inversions, and abs exercises) into high-intensity cardio intervals and Kundali Kriyas. What that looks like: chair pose with a bunch of squat pulses, reps of the arm-balance flying crow pose, and "running" in plank.

You get all the strengthening, breathing, and mental benefits of yoga, plus the heart-pumping,

fat-melting awesomeness cardio provides. "I couldn't find any other yoga-based class out there that does this, which is why I came up with this programming," says Heidi Kristoffer, creator of CrossFlowX and master trainer at The Movement, a NYC boutique fitness studio. "You can build the most amazing, strongest version of your body—and self—just by exercising with your own weight," she says.

While beautiful, know that her moves are advanced. This workout requires you to balance on your hands,

get upside down, rely heavily on your core strength, and do all of this in a way reminiscent of plyometrics. But don't worry if you're a newbie: Kristoffer gives a make-it-easier option for each pose. If you can't do all of the reps or hold a position for the entire time, try it for half, or even a quarter, of the recommended time and work your way up, she suggests. "You need to start somewhere, and even if that somewhere is only a few seconds, you'll see progress every time you attempt it," she says. "It's incredibly motivating." →



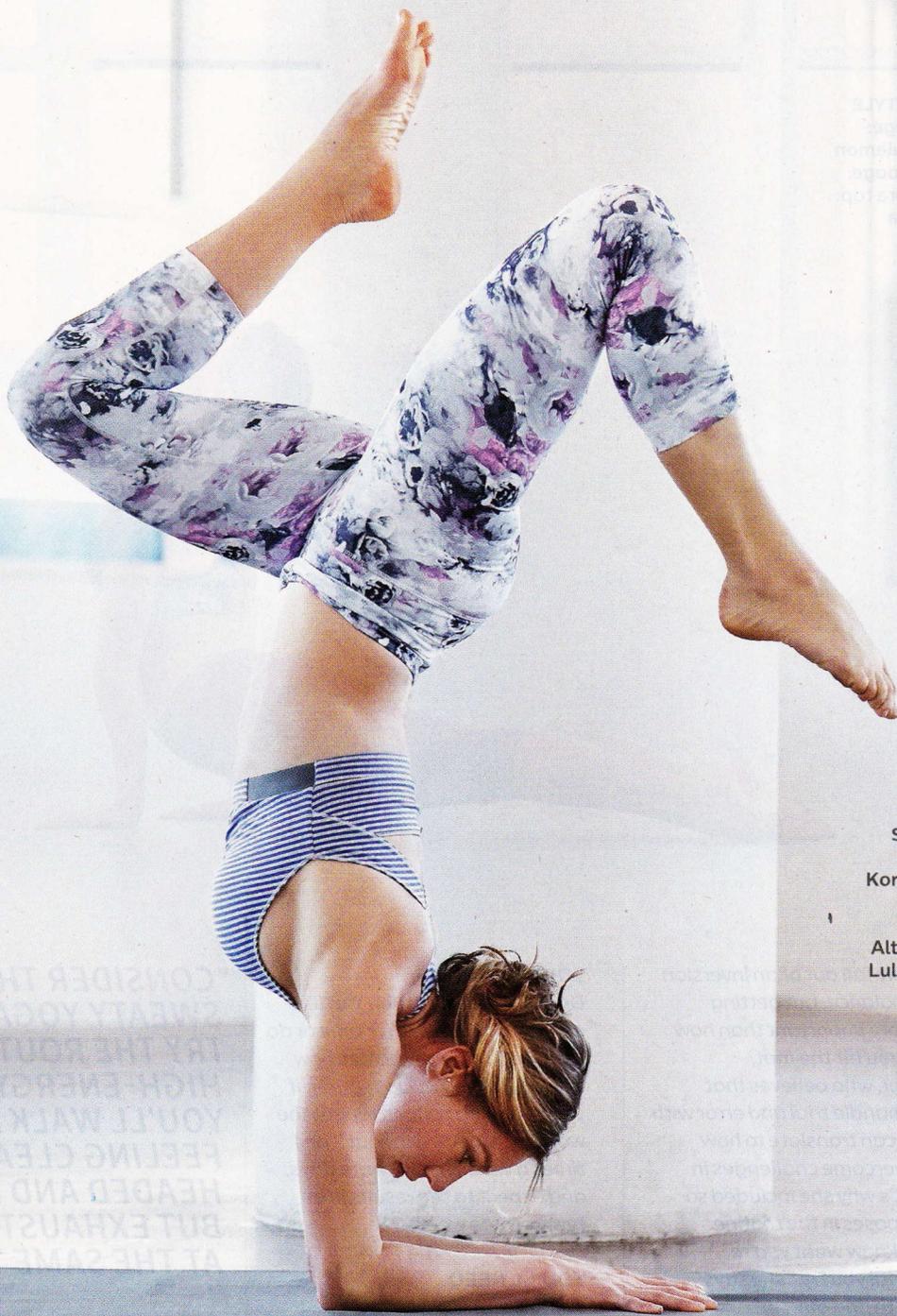
"IF YOU'RE HAVING TROUBLE BALANCING, SOFTLY BEND YOUR STANDING LEG. IT WORKS WONDERS FOR STABILIZATION."



You can't talk yoga without talking about breathing. When you breathe, you deliver blood and oxygen to your muscles. This is particularly important with yoga because you connect the transition of every movement with each inhale and exhale, Kristofer explains. This relaxes muscles and enhances flexibility, letting you get deeper into the poses and eventually become stronger, faster. As you go through these moves: Inhale when a posture requires you to expand and open your chest, and exhale during those positions when you contract your chest or fold forward.



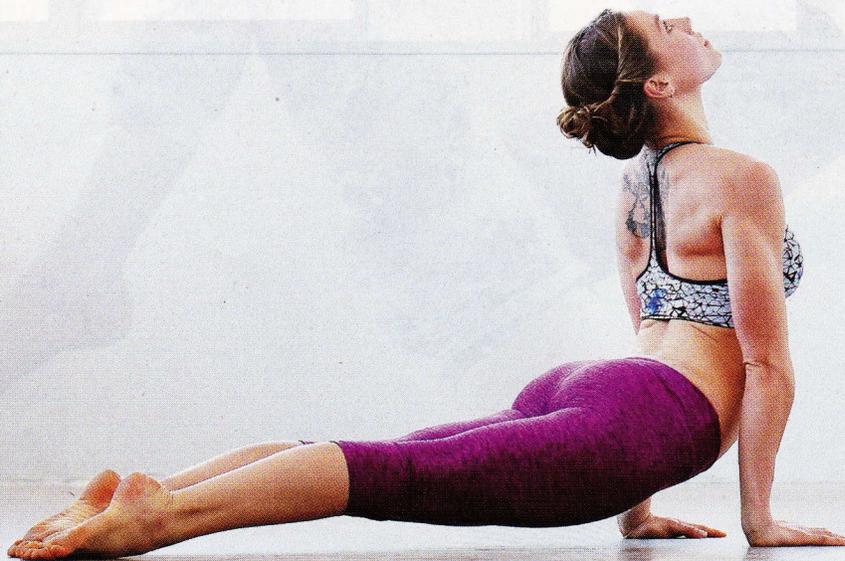
“REMEMBER TO BREATHE! WHEN YOU HOLD YOUR BREATH, YOUR MUSCLES GET TENSE, WHICH MAKES IT HARDER TO HOLD ANY POSE, BECAUSE YOUR BODY DOESN'T HAVE THE ABILITY TO ADJUST.”



STEAL HER STYLE
Opposite page:
Koral bra top. Balini
Sports leggings.
This page:
Alternative bra top.
Lululemon leggings.

STEAL HER STYLE

Opposite page:
Alo top, Lululemon
shorts. **This page:**
Lululemon bra top,
Beyond Yoga
leggings.



You'll probably fall out of an inversion or lose your balance, but getting back up is more important than how many times you hit the mat, says Kristoffer, who believes that the way you handle trial and error with this workout can translate to how you would overcome challenges in real life. That's why she included so many tough poses in the routine. "You may not know what you're capable of until you try," she says. You're about to find out.

YOUR PLAN

Do each move in order. You'll either hold the pose for time or do reps. Each move indicates how it should be done. Do 1 set. Or, if you're feeling up to it, repeat the workout. Do this workout 3 or 4 times a week on alternate days, and expect to see results in as few as three weeks.

YOU'LL NEED

A yoga mat

"CONSIDER THIS YOUR SWEATY YOGA PARTY. TRY THE ROUTINE WITH HIGH-ENERGY MUSIC. YOU'LL WALK AWAY FEELING CLEAR-HEADED AND HAPPY BUT EXHAUSTED AT THE SAME TIME."



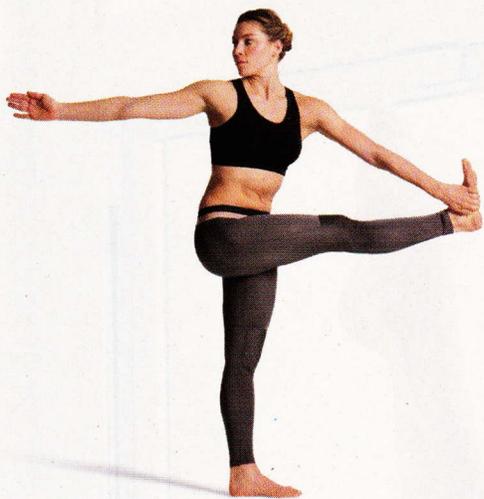
IF YOU WERE TO TAKE
this class at The Movement,
\$1 would be donated to
the National Brain Tumor
Society. This cause is
close to Kristoffer's heart
because she lost a parent
to brain cancer three years
ago. To help fund future
research, go to **defeatgbm**
.org to donate. For more on
Kristoffer's story and studio,
go to **heidiyoga.com**.



It's time to move

This tough workout takes focus and drive to master, but the body and brain benefits are so worth it.

STEAL HER STYLE:
So Low bra top,
Olympia Activewear
leggings.



1 Standing twist Kriya

Works back, abs, obliques, butt, quads

Stand with feet hip-width apart and extend arms out to sides at shoulder height with palms facing forward to start. Shift weight onto left leg and lift your right leg to hip level as you rotate torso (keeping arms in a T position) toward right to grab outside of foot with left hand [shown]. Return to starting position. Switch sides; repeat. Go as quickly as you can for 1 minute.

Make it easier: If you can't touch your foot, tap the outside of your shin or thigh.



2 Boat-locust rollover

Works back, chest, abs, obliques

Lie facedown with arms and legs extended on floor. Lift chest and thighs [A]. Release. Roll over your left shoulder, coming to sit on your tailbone, lifting torso and legs to form a V shape (arms parallel to floor) [B]. Lower. Roll over your right shoulder. Repeat, alternating the direction you roll each time, for 1 minute.

Make it easier: Keep your knees bent when faceup or lightly hold your thighs.

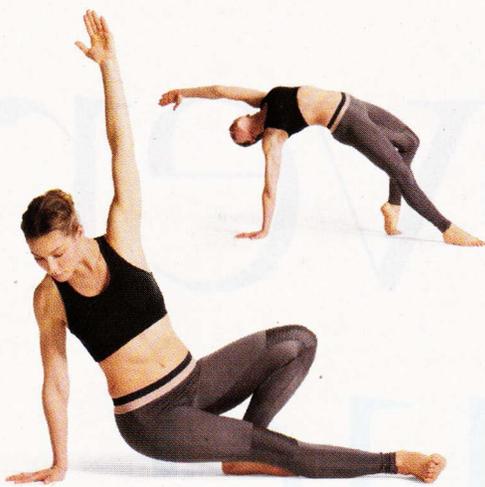


3 Spirit dive

Works shoulders, chest, biceps, abs, butt, quads, calves

Stand with feet hip-width apart and arms at sides. Bend over and plant palms on floor 1.5 feet in front of your feet to start. Lift right leg, rising onto ball of your left foot [A]. Push off left foot to float legs up (right leg will bend) and bend elbows toward rib cage to lower body [B], pulling chest forward as you land on left foot in the bottom of a single-leg push-up [C]. Keep leg lifted and roll onto top of left foot, straighten arms, lift chest, and arch back (left leg is about 2 inches off mat). Press hips up to down dog and walk back to starting position for 1 rep. Do 10 reps. Switch sides; repeat.

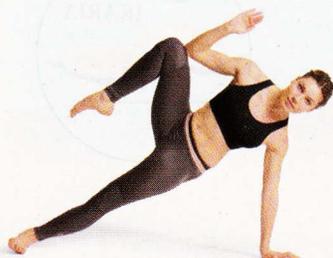
Make it easier: Hop only 1 inch off the floor.



4 Rock-star dip
Works shoulders, back, chest, biceps, butt, quads, hamstrings

Stand with feet hip-width apart and arms at sides. Bend over and plant palms on floor about 3 feet in front of your toes (so body forms an inverted V shape) to start. Lift and extend left leg. Bend the knee, opening your hip until you rotate over your left shoulder, lifting and reaching left

arm overhead until hips face up. Keep right palm planted with arm straight, bend left knee so toes come to the floor, extend right leg forward with foot rotating so outer edge is on the floor; lift hips and drop head back [A]. Drop right hip to hover 2 inches off floor [B]. Lift hips back to [A] for 1 rep. Do 10 reps. Switch sides; repeat. *Make it easier:* Start from a side plank on your forearm.



9 Side-plank crunch
Works shoulders, abs, obliques, butt, outer and inner thighs

Get in side plank on your left palm. Reach your right arm over your ear and raise and extend your right leg to start. Bend your right elbow and your right knee to draw them to touch above your right hip [shown]. Return to starting position for 1 rep. Do 10 reps. Switch sides; repeat. *Make it easier:* Do side plank on your forearm or stay on your palm but keep your bottom shin on the ground.



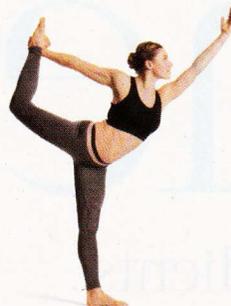
8 Peaceful half-moon
Works abs, obliques, butt, quads, hamstrings

Lunge with left leg forward, right leg straight, and toes turned out. Reach left arm back and up, gaze up, slide right arm down your leg [A] to start. Shift weight onto left leg and straighten it, reaching left arm to touch floor. Float right leg up and reach arm back and up. Gaze at your hand [B]. Reverse to starting position for 1 rep. Do 10 reps. Switch sides; repeat. *Make it easier:* Bend your standing leg or reach to a yoga block.

5 Dancer roll-up
Works abs, butt, quads, hamstrings

Stand with feet hip-width apart and arms at sides. Shift weight onto left leg as you bend right leg back and up to grab outer edge of foot with right hand (lightly press the foot away from you). Keep chest lifted and reach left arm forward and up [A] to start. Slowly bend forward, reaching left hand to the floor, slightly arching your spine [B]. Slowly reverse to starting position for 1 rep. Do 10 reps. Switch sides; repeat.

Make it easier: Bend your standing leg or reach to a yoga block.



6 Fierce triangle
Works shoulders, chest, triceps, abs, obliques, hamstrings, inner thighs

Stand with feet wide and arms at sides. Rotate your right foot to the right 90 degrees and your left foot to the right 45 degrees. Extend arms overhead, lean torso to the right, and press your hips toward the left. Bend your right elbow to drop your right hand between your shoulder blades and bend your left elbow to reach your left hand up your mid-back to clasp your right hand [shown]. Reach elbows back to open chest and hold for 30 seconds. Switch sides; repeat. *Make it easier:* Just hold the pose with your arms overhead.



7 Galavasana rock
Works shoulders, chest, triceps, abs, quads, hamstrings, inner thighs

Stand with feet together and arms at sides. Extend arms overhead and lower into a half-squat. Cross right ankle over your left thigh [A] to start. Bend your left knee and fold forward to plant your hands on the floor shoulder-width apart. Hook your right toes

around your left triceps and allow your right shin to rest on your upper arms. Lean onto your hands and try to lift your left heel toward your butt [B]. Slowly reverse to starting position for 1 rep. Do 10 reps. Switch sides; repeat. *Make it easier:* If you can't balance on your hands right away, simply put as much weight into your hands as you can. Look forward. The strength will come with practice.

