



## Re-Invigorate Any Workout with This 55-Minute Pump-Up Playlist

It's pretty much impossible to stay still while you're listening to it.

BY [ROBIN HILMANTEL](#), December 9, 2014

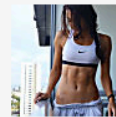


Every week, *Your New Favorite Playlist* introduces you to workout-worthy tunes from a different fitness brand. This week, *CrossFlowX* at *The Movement* shares one of its recent *playlists*.



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*– Heidi Kristoffer,  
creator of CrossFlowX*

**Women'sHealth**

Heidi Kristoffer could never find a class that combined her two biggest fitness passions, **yoga** and cardio—so she created her own: **CrossFlowX**. When the owners of New York City studio **The Movement** caught wind of her work online, they couldn't get enough of it—and they asked Kristoffer to start leading live classes for them. "I lost a parent to brain cancer not quite three years ago, and The Movement donates \$1 per person per class back to the cause [through the National Brain Tumor Society]," says Kristoffer.

In May, The Movement launched its version of the CrossFlowX class: 55 minutes of flow interwoven with **cardio** intervals. Kristoffer also works in an abs series, a core series, arm balances, inversions, and Kundalini kriyas, or "repetitive movements that you do with your breath." And while many traditional yoga classes skip music, Kristoffer says it's a key part of the CrossFlowX experience. "It really keeps the pace of the class going because if there's a fast-paced song, it's a lot harder for people to drag," she says. Here's the mix from a recent class:

# your new favorite playlist

## PLAYLIST CURATOR

Heidi Kristoffer, creator of CrossFlowX

## WHERE SHE FINDS NEW TUNES:

"I take a lot of inspiration from classes I'm able to take," says Kristoffer. "I'm always listening."

## PLAYLIST POINTER

"Use songs that make you feel like you want to dance. If it doesn't get you going normally, it's really not going to get you going in a workout."



- 1 **MKTO, "Classic"**
- 2 **OutKast, "Ms. Jackson"**
- 3 **Blackstreet, "No Diggity" (feat. Dr. Dre)**
- 4 **G.R.L., "Ugly Heart"**
- 5 **Empire of the Sun, "Alive"**
- 6 **Britney Spears, "Work Work"**
- 7 **Jessie J, "Bang Bang" (feat. Ariana Grande & Nicki Minaj)**
- 8 **Walk the Moon, "Shut Up and Dance"**
- 9 **Sheppard, "Geronimo"**
- 10 **Zedd, "Find You"**
- 11 **Calvin Harris, "Feel So Close" (Radio Edit)**
- 12 **Ella Henderson, "Ghost"**
- 13 **Tove Lo, "Habits (Stay High)" (Hippie Sabotage Remix – Bonus Track)**
- 14 **Hozier, "Take Me to Church"**
- 15 **Tours, "Creep"**

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