

## TRAINER TO GO

# EAT- MELTING YOGA



A hot new workout class combines the toning benefits of yoga with the fat-burning power of cardio. CrossFlowX, offered at The Movement in New York City, pairs strengthening poses with heart-pumping moves for a routine that sculpts muscle from head to toe. Now you can try it at home.

**YOUR TRAINER** Heidi Kristoffer (that's her above and on the tear-out cards), creator of CrossFlowX, developed this series of poses exclusively for SELF.

**YOU'LL NEED** A yoga mat

**DO** 2 sets of the moves 3 times a week on alternate days

YOGA > 53

STYLING, DANIA ORTIZ; HAIR, JASON MURILLO USING ORIBE; MAKEUP, ALLISON BROOKE FOR KEVYN AUCOIN BEAUTY; MANICURE, RACHEL SHIMM FOR ABTP.COM; CHRIS GORMAN (2). SEE GET-IT GUIDE.

# 1 CURTSY JUMP

*Works abs, butt, thighs*

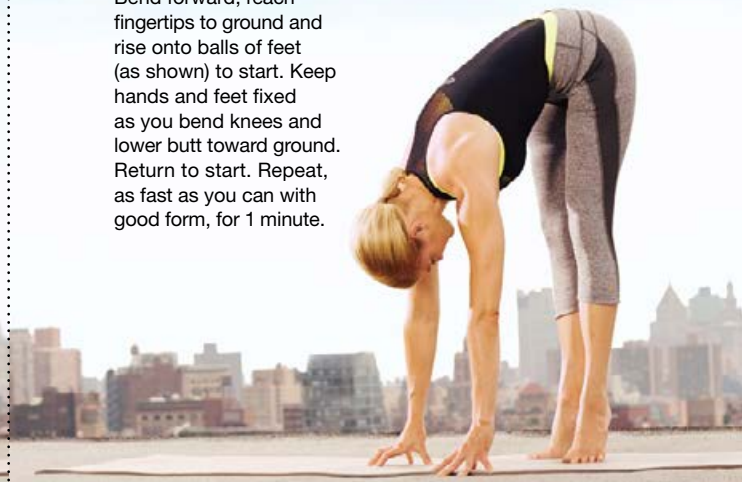
Stand with feet hip-width apart, arms at sides. Step right leg back and to left, bending knees as you reach right hand to ground (as shown). Jump onto right foot, bringing left leg back and to right, reaching left hand to ground. Repeat, as fast as you can with good form, for 1 minute.



# 2 FROG SQUAT

*Works hips, butt, legs*

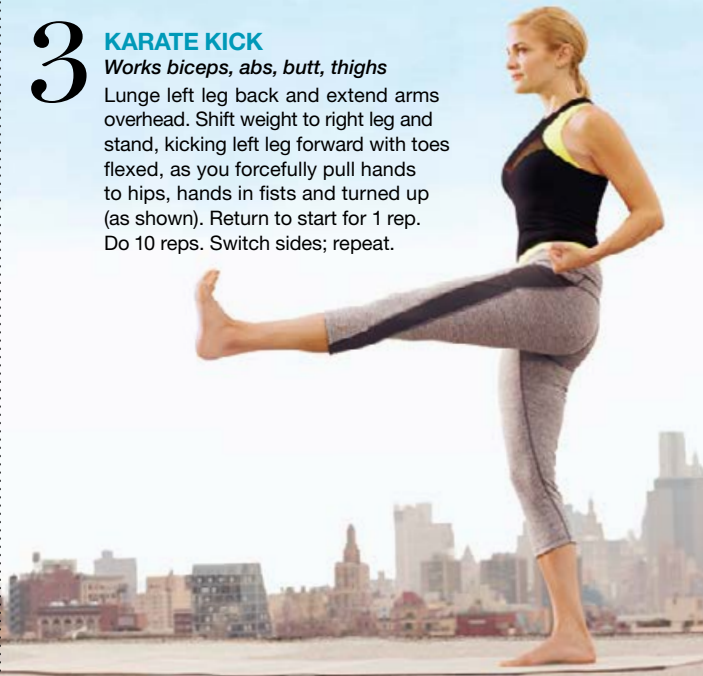
Stand with heels together, toes out, arms at sides. Bend forward, reach fingertips to ground and rise onto balls of feet (as shown) to start. Keep hands and feet fixed as you bend knees and lower butt toward ground. Return to start. Repeat, as fast as you can with good form, for 1 minute.



# 3 KARATE KICK

*Works biceps, abs, butt, thighs*

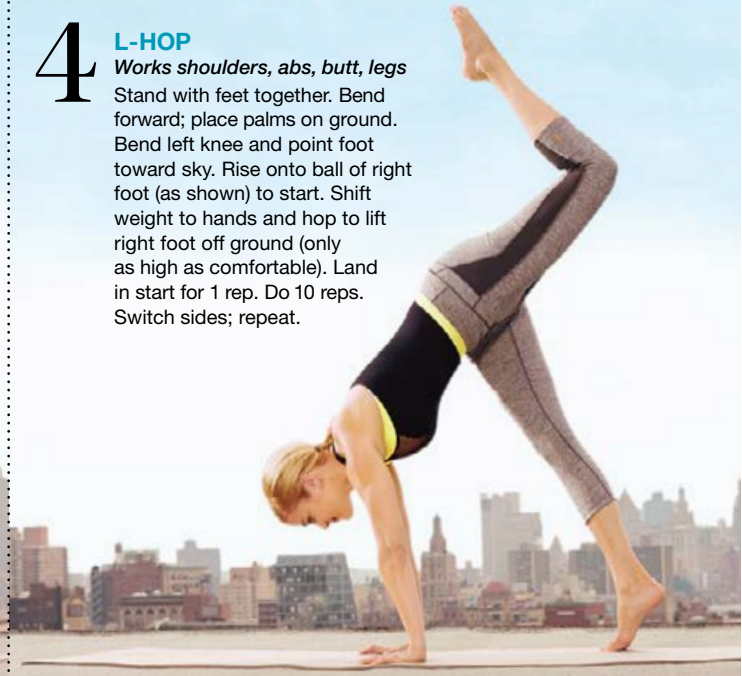
Lunge left leg back and extend arms overhead. Shift weight to right leg and stand, kicking left leg forward with toes flexed, as you forcefully pull hands to hips, hands in fists and turned up (as shown). Return to start for 1 rep. Do 10 reps. Switch sides; repeat.



# 4 L-HOP

*Works shoulders, abs, butt, legs*

Stand with feet together. Bend forward; place palms on ground. Bend left knee and point foot toward sky. Rise onto ball of right foot (as shown) to start. Shift weight to hands and hop to lift right foot off ground (only as high as comfortable). Land in start for 1 rep. Do 10 reps. Switch sides; repeat.



# 5 SCISSOR REACH

*Works abs, obliques*

Lie faceup, legs together and raised toward sky, arms up to start. Lower right leg until it hovers above ground and reach arms outside left thigh (as shown). Return to start. Switch sides; repeat for 1 rep. Do 10 reps.



# 6 DOLPHIN PUSH-UP

*Works shoulders, biceps, back, chest, abs*

Get on all fours, forearms on ground. Tuck toes, straighten legs, and raise hips to start. Stay on balls of feet and shift weight forward, reaching chin toward thumbs (as shown). Return to start for 1 rep. Do 20 reps.



➔ **FREE VIDEO**  
Get a demo of each move at [Self.com/body/fitness](http://Self.com/body/fitness).