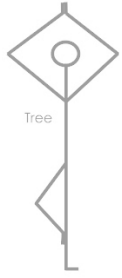


**Cardio Yoga Fusion HIIT:** incorporating jump rope intervals between poses supercharges your yoga workout!

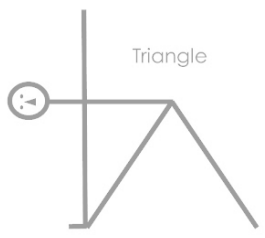
*Try 10 skips, hold pose for count of ten on each side then 5 to 10 stationary breaths to rest.*

10 skips  
Tree pose  
Rest



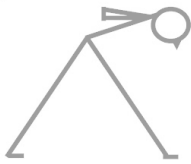
Tree

10 skips  
Triangle pose  
Rest




Triangle

10 skips  
Pyramid pose  
Rest



Pyramid Pose  
(hands bound wrist or elbow)

10 skips  
Front leg raise  
Rest



Leg Raise  
(unsupported front raise)

10 skips  
Half moon side bend  
Rest



Half Moon  
(Hip leans outward)

10 skips  
Swaying palms  
Rest



Swaying Palms  
(side bend from waist)

10 skips  
Figure 4 fold  
Rest


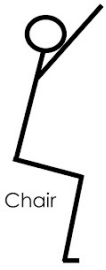



Figure 4  
Fold

10 skips  
Chair pose  
Rest




Chair

10 skips  
Bind hands (can stand)  
Rest



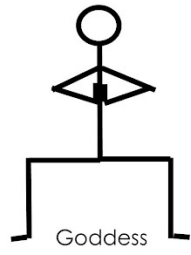
Kneeling  
(bind hands behind)

10 skips  
Forward fold w/ twist  
Rest




Forward Bend  
w/ Twist

10 skips  
Goddess pose  
Rest



Goddess

10 skips  
Warrior 3  
Rest



Warrior  
Three

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NOTE: poses not posturally balanced (shown in grey) should be performed on BOTH SIDES of the body!