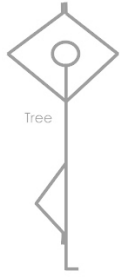


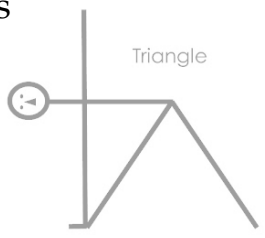
# Low Impact Cardio Yoga Fusion HIIT

20 sliders  
Tree pose  
Rest



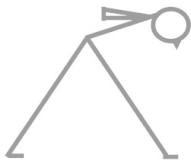
Tree

20 side toe taps  
Triangle pose  
Rest




Triangle

10 grapevine  
Pyramid pose  
Rest




Pyramid Pose  
(hands bound wrist or elbow)

20 side steps  
Front leg raise  
Rest



Leg Raise  
(unsupported front raise)

20 fast punches  
Half moon side bend  
Rest



Half Moon  
(Hip flexes outward)

20 high knees  
Swaying palms  
Rest



Swaying Palms  
(side bend from waist)

20 alternating butt kicks  
Figure 4 fold  
Rest






Figure 4  
Fold

10 opposite elbow to knee  
Chair pose  
Rest




Chair

10 lunges  
Bind hands (can stand)  
Rest



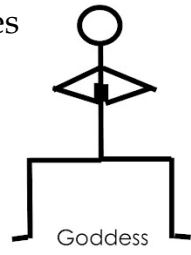
Kneeling  
(bind hands behind)

20 crossbody toe taps  
Forward fold w/ twist  
Rest




Forward Bend  
w/ Twist

10 crossbody punches  
Goddess pose  
Rest



Goddess

30 sec jog/walk on spot  
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!