

Fat-Blasting Yoga

A plan to get you leaner, stronger, and healthier in time for the holidays

BY SELENE YEAGER



If you bypass yoga because you're more interested in firming your body than raising your consciousness, here's a mind-body routine your muscles will love.

This fat-blasting yoga-inspired workout, designed by Beth Shaw, owner of YogaFit in Redondo Beach, CA, turns up the burn with multiple repetitions of each pose. Once you complete one pose, you flow directly to the next, with no resting between sequences. Yoga, when practiced in this vigorous style, works just as well as strength-training for shedding fat. It also makes your heart stronger and boosts cardiovascular fitness, found a study from the University of California, Davis. Practice regularly to stay slim, fit, and serene.

SEQUENCE 1 Chair Flow

Tones thighs and glutes

Stand with feet hip-width apart. Extend arms straight out in front. Lower body (don't let thighs go lower than parallel to floor). Straighten legs and raise arms overhead, palms facing forward. Return to start. Do 10 to 15 reps.