








Yoga HIIT Mashup

Switching between bursts of cardio to burn calories and yoga poses to build strength, this 30-minute workout will boost your energy and leave you feeling refreshed!

Perform each exercise for 45 seconds, followed by 15 seconds of rest. Cardio moves are noted with a . Complete each circuit twice.

 Jumping Jacks	 Butt Kicks	 Mountain Climbers
Pose: Warrior 1	Pose: Warrior 3	Pose: Side Plank
 Jump Rope	 Quick Feet	 Plank Jacks
Pose: Warrior 2	Pose: Chair Pose	Pose: Front Plank
 Squat Jumps	 Power Skip	Pose: Down Dog
<i>Repeat circuit, alternating sides for poses</i>	<i>Repeat circuit, alternating sides for poses</i>	<i>Repeat circuit, alternating sides for poses</i>