



Flash WHAT'S NEW NOW

2014
Jan 7
4:00 PM

FITNESS

By Sara Angle

One of NYC's Top Yoga Studios Just Got a Hardcore Conditioning Treatment (Plus, a Move to Steal!)



Pure, Extreme, Training. That's what you'll get at **PXT**, the latest offering from Pure Yoga, NYC's yoga mega-house. The conditioning class is one of many new hybrid workouts you can expect to see in 2014. Based on popular instructor Loren Basset's signature "**Basset Bootcamp**," a 75-minute-long ass-kicking performed in temps up to 100 degrees, PXT dials it down enough for you to be able to take this class on the reg. Basset developed the sculpting session with the Pure team, so you'll be getting the lengthening, strengthening and zen of a yoga class, combined with plyometrics and weight lifting (aim for 6 - 10 lbs) seen in bootcamp classes.

Every class starts out with a Vinyasa flow to build heat in the body, then it's

right into plyo drills, with each one lasting for one minute. Additional core work, partner abs, calisthenics, and more Vinyasa bring you right up to the kicker: The Coreball Challenge. Each class features a new challenge using the coreball -- like a medicine ball with handles -- to perform three moves done in a successive countdown (8 times, 7 times, 6 times, etc.) You'll cool-down and end with Savasana.

Basset's favorite intervals use **gliders**, small discs that easily slide on hardwood floor or carpet. "I think the most important thing [about gliders] is that they are no impact...it's the best way to get cardio without all the pounding," says Basset. They are also a good tool for compound movements, she explains, so you're working your core, upper body and lower body simultaneously while getting cardio. And oh yeah, they burn. Like really really burn. "If you really push yourself that one minute, you're going to be spent," says Basset, who usually incorporates three to four intervals

using the gliders into her classes.

Try Basset's favorite glider move below in your next workout. No gliders? Towels on a hardwood floor work just fine, too!

THE MOVE: BAD-ASS CRAWL



Start in a full plank, pushup position with your feet on your gliders or towels.



Maintaining the plank position, walk your hands forward, one at a time for 4 counts.



Drop to a forearm plank. Still in low plank position, walk backward on your forearms. Return to full plank position. Repeat for 1 minute.

RELATED:

- **Cool New Class: Equinox's Flow Play Vinyasa**
- **Indo Yoga Board Is Kinda Like Surfing**
- **The Best Yoga Mats for 2014**

Image Credit: *Main Image: Courtesy of Pure Yoga; Move: Sara Angle (3)*

KEYWORDS: [ABS](#), [CONDITIONING](#), [COOL NEW CLASS](#), [FITNESS](#), [FITNESS TIPS](#), [PLANK](#), [TONING MOVE](#), [YOGA](#)

OLDER **SELF's Editor-in-Chief Shares Why YOU Should Sign Up to Cycle for Survival** NEWER **Join the #14in14 Movement and #ShowUsYourSneaks!**

0 comments

[HIDE COMMENTS ▲](#)

[Sign in](#)

2 people listening

✎ @ Share ▼ Post comment as...

[NEWEST](#) | [OLDEST](#)

..... FOLLOW SELF.....



JUNE 10, 2014

Slimming Superfood Recipe: Minty Meatballs

17 mins ago

I Suppose This Was Inevitable: Kale-Infused Beauty Products

1 hour ago

The 3D Fitness Class of the Future is Here, and It's Blowing Our Minds

1 hour ago

[MORE BLOG POSTS](#)

... M O S T P O P U L A R

1



20 Superfoods for Weight Loss

2



Lightened-Up Comfort Food (Under 400 Calories Each!)

3



8 Moves to Perk Up Your Boobs

4



The Number One Morning Exercise Mistake Preventing Weight Loss

GET MORE FROM SELF! SIGN UP FOR OUR NEWSLETTER

ENTER YOUR EMAIL ADDRESS



... F O L L O W . S E L F



LATEST ON INSTAGRAM



posted about 2 days ago



[FOLLOW US ON INSTAGRAM](#)

LATEST ON TWITTER

[FOLLOW US ON TWITTER](#)



SUBSCRIBE TODAY

+Get a free tote

+5 free gifts!

12 issues (one year) for \$10 plus \$3 shipping & handling*

*Plus applicable sales tax. Bag with paid order.



Orders outside the U.S. [Privacy Policy](#)

SUBMIT

