The Slimnastics Workout: The Intense, No-Equipment Routine Combining Gymnastics, Plyometrics, and Advanced Yoga

by Nicole Glor

The Slimnastics Workout: The Intense, No-Equipment Routine combines gymnastics, plyometrics, and advanced yoga. It requires no equipment other than your body weight. Plyometric cardio intervals cut workout time and boost metabolism.

The Slimnastics Workout combines cheerleading and gymnastics-style balancing, strength and moves with yoga-based toning that requires no equipment other than your body weight. Plyometric cardio intervals cut workout time and boost metabolism.