

HOT WORKOUT

# WINTER RECHARGE

→ Cold weather can make you feel stiff and slow. The antidote: these moves, developed by **Taryn Toomey**, which build heat to revitalize your muscles—and your mind **BY LAUREL LEIGHT**

The addictive mix of high-intensity cardio bursts, body-weight toning moves and restorative poses in Taryn Toomey's 75-minute workout, called simply *the class*, attracts celebs like Naomi Watts and Taylor Schilling to a New York City studio for sold-out sessions. They leave with quivering muscles and rosy cheeks—but the experience Toomey creates isn't just about sweat or calorie burn. It's also a tactic to shake off tension and invigorate your body. Here, Toomey discusses her routine, which is ideal for cold days.

**HOW DO YOU APPROACH YOUR WORKOUT DIFFERENTLY IN WINTER?**

I bring heat into the body. On cold days, I focus more on jumping moves

to raise my students' heart rate and body temperature. When you feel sluggish, heavy or tired—as we do in winter—movement and breath work will spark new energy.

**DESCRIBE MUSIC'S ROLE IN YOUR CLASS.**

I create a new playlist for each class, and I include songs that people will recognize, because it helps them tap into their personal groove. The music has to begin with a great beat, build and then explode. We stick with one move for the entire length of a song, so that kick at the end is crucial to help you dig deeper.

**HOW DO YOU STRUCTURE EACH CLASS TO DELIVER BOTH INVIGORATION AND ZEN?**

It's about a release that leaves you clear and connected. I kick off by opening up

the body with a motion like arm raises. Next, we get grounded with jump squats. Then we do cardio blasts to build heat and circulate blood in order to relieve stiffness. After that, we sculpt one side, then the other. Once we've moved, breathed and opened ourselves up, we meditate.

**YOUR STUDENTS OFTEN YELL IN CLASS—IS IT ENCOURAGED?**

I ask them to make noise from their bellies, because I think it helps release tension and sluggishness from the body. I'll say, "Bring it up—that thing you keep pushing down and don't want to deal with. Bring it up!" Then we scream to release it. SEE TOOMEY'S WINTER ROUTINE > 55



**LET IT GO**

Toomey favors poses that open the chest, to relieve shoulder and neck tension.  
**TANK** Donna Karan New York **SPORTS BRA** Live The Process **PANTS** Lululemon Athletica

## THE ROUTINE

Toomey developed this energizing, toning 60-minute workout exclusively for SELF. Cue up her playlist and do each move in the order below on the beat. (Use a mat and keep a towel and water bottle nearby—you *will* sweat!)

### PART 1: OPEN UP

**GLIDING LIGHT** Stand with feet shoulder-width apart. Shift weight to right foot, then hop to left foot, letting right foot glide up behind calf, as you pump arms down and left, as if throwing a ball. Switch sides; repeat. Continue for entire song.

♪ “All These Things That I’ve Done,” The Killers

### PART 2: GROUND YOURSELF

**DOWN AND UP** Stand with feet hip-width apart. Bend knees, place palms on floor and jump feet back into a plank, keeping belly engaged. Jump feet between hands and jump up to return to start. Continue for entire song.

♪ “Public Service Announcement (Interlude),” Jay-Z

### PART 3: REV YOUR HEART

**JUMPING JACKS** Do jumping jacks for the entire song. Try not to hunch your shoulders, and imagine clearing space for yourself as your arms go up and down.

♪ “Every Teardrop Is a Waterfall,” Coldplay vs. Swedish House Mafia

### PART 4: TONE AND SCULPT

**TOE TAP** Stand with feet hip-width apart. Keep right knee over right ankle as you tap left foot behind you so you’re in a low lunge, fingertips tented around right foot. Then pull left knee in toward chest. Continue tap-and-pull motion on same side for entire song.

♪ “Royals,” Lorde

**LENGTHENER** Start on hands and knees. Lift right leg behind you, knee bent 90 degrees, and pulse right foot toward ceiling. Extend left arm in front of you, palm up. Pull left elbow toward right knee underneath belly, then return to start position. Continue on same side for entire song.

♪ “Pumpkin Blood,” NoNoNo

**LOWER-BODY BLAST** Lie faceup with knees bent and legs touching. Lift hips off floor. With hips high, tap left foot 12 inches out to your left side, then return to center. As you tap with left foot, open right knee a few inches to right, then return to center. Repeat on same side, keeping hips high, for entire song.

♪ “Knot Comes Loose,” My Morning Jacket

**LEG CIRCLE** Lie on right side with legs straight and arms positioned comfortably. Bend left knee and place foot on floor behind right knee. Lift right leg. Point toe and make small circles; during the chorus, kick through right heel to release tension; then, as song slows, go back to small circles. Continue for entire song.

♪ “Feel So Close,” Calvin Harris

**RUN IT OUT** Hop up and down to the beat of the music. Keep head straight, but imagine your body is a rag doll. During the chorus, run in place as fast as you can while wringing out your arms and wrists, releasing tension and circulating blood throughout your body. On the next verse, switch back to hops. Alternate running and hopping for entire song.

♪ “Ecstasy,” Rusted Root

*Now, do the first four sculpting moves on your opposite side.*

### PART 5: WIND DOWN

**HEART OPENER** Sit with legs crossed. Extend arms out to sides, palms up, shoulders soft. Make small circles with arms. Then, during chorus, turn palms forward and move them back and forth.

♪ “Bad (Live From Paris),” U2

**THE RESET** Lie faceup, feet hip-width apart and knees together. Place one hand on heart and one hand on belly. Breathe deeply and slowly, letting your entire body settle.

♪ “Waterways,” Ludovico Einaudi