



6 New Workouts Worth Getting Excited About

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Bored with your workout routine? Spice things up with some of the newest fitness trends on the horizon. We're getting some expert insight into what's hot, and how it can help you torch calories.

We caught up with **certified nutritionist and fitness trainer [Franci Cohen](#)** to get her picks for cool new workouts to try.

Slackline yoga

If you want to take your yoga practice to the next level, give slackline yoga (also known as "slakasana") a try. Cohen says that this emerging brand of yoga has been described as "distilling the art of yogic concentration" because concentration is key here. "To balance on a one-inch piece of webbing lightly tensioned between two trees is not easy, and doing yoga poses on it is even more challenging," she explains. "It definitely takes yoga to a new level, by requiring a lot more core isolation and balance."

FitSteps

Love to dance, or just want to pretend you're competing on *So You Think You Can Dance*? Give FitSteps a try. Cohen describes FitSteps as an interesting alternative to the once popular Zumba. "FitSteps uses dance moves from the likes of cha-cha, waltz and foxtrot, but with the added bonus of not needing a partner," she explains. The toe-tapping workout began in the UK, but is slowly making its way to North America.

Rowing

Move over spinning, it's time to start rowing. Indoor rowing machines have been inching their way into mainstream group exercise classes, and have been causing a wave, says Cohen. "Offering both an upper body challenge through the rowing, and lower body challenge as you use your legs as a springboard to power the core and arms, this is a workout that we'll definitely be seeing more of."

Tower running

Want to improve endurance? Add tower running to your workouts. Cohen says classes are starting to be offered through gyms and fitness centres, where groups meet to run up the stairs of some of the world's tallest buildings. Imagine running up to the top of the Empire State Building, or the CN Tower and you get the idea of what this fitness trend is all about. "It's definitely the literal next step up in running training, as it empowers your quads and other muscles in ways running on flat ground never can."

Body weight training

Sometimes the simplest exercises are the best, and that's what we'll be seeing more of, says Cohen. Exercises such as squats, burpees, push-ups and planks that only require your body weight will continue to grow in popularity. "The positives of this kind of workout is that it demands zero equipment, and it's a very effective way of training," she says. "You can work at your own pace and tempo, based on your strength capabilities."

Aerial fitness

Aerial arts are no longer limited to circus performers. By using a hammock hanging from rigging in the ceiling, classes like aerial Pilates, aerial yoga, and even aerial boot camps have been created, says Cohen. She explains that aerial fitness offers uniquely challenging workouts by leveraging your body weight while using the hammocks to perform certain moves. These workouts tone, and improve balance and flexibility, not to mention put a fun new twist on familiar workouts.