

Xcel and JOGA Strength Workout – Tuesday March 24

You will need:

Stopwatch/timing device

Leg tightening video and two objects similar to pit blocks (stuffed animal, roll of TP, etc)

WARM UP – 75 jumping jacks + 5 burpees + 50 jumping jacks + 20 mountain climbers

STRENGTH CIRCUIT

Do **each circuit** three times **BEFORE** moving to the next circuit.

Focus on clean form – straight legs, pointed toes. Arms in ALL “arch” exercises are straight, by your ears.

Circuit One

30 seconds Hollow Body Flutters

10 single leg v-ups (both sides)

20 Tuck Ups

Circuit Two

30 seconds Swimmers

30 seconds Arch Flutters (just like hollow flutter, but in an arch hold)

30 seconds Arch Rocks

Circuit Three

15 side arch ups (both sides)

20 toe touches (lay on your back, legs straight up at 90 degree angle, reach up to your toes, then lay back down)

30 seconds Hollow Rocks

Circuit Four

15 Upper Body Arch Ups

15 Lower Body Arch Ups

15 Arch Ups, hold #25 for 10 seconds

STRENGTH PART 2

- Leg tightening video
- 10 press handstands

STRETCH

- Splits – 1:00 each left/right/middle
- 2 bridges, hold one for 15 seconds, in the second one do 5 bridge rocks