

Xcel and JOGA Arms and Beam Workout

You will need:

Stopwatch/timing device

Wall that you can handstand against safely

Chair

“Pit block” (stuffed animal, TP roll, etc...)

Full length mirror (if you have one)

Balance beam (if you have one)

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.

Circuit One

10 regular push ups

10 downward dog push ups

30 shoulder taps

Circuit Two

10 wide arm push ups

5 diamond push ups

5 Handstand Walk-Ups

Circuit Three

20 “T” lifts

20 “Y” lifts

12 dips

30 second handstand hold (against a wall)

STRENGTH PART 2

- “Pit Block” Beam Warm Up (we have been doing this at the the gym)
 - Holding pit block over head: 10 sec releve + pivot + 10 sec releve + pivot + 10s releve + pivot + 10s releve
 - Pit block beam kicks, 3 sets 8: “pit block” on floor/beam, point right foot to rest on top of “block” do 8 front kicks, repeat with left leg. Turn around, do 8 back kicks on right, then 8 back kicks left. Repeat this circuit 3 times. Focus on keeping leg tight, stretch through foot and extended knee.
 - Passé hold series, 3 sets on both legs holding pit block over head:
 - 10 second passé hold on a flat foot, push to releve, hold 10 seconds, step, finish
 - Passé hold, 10 toe raises
 - Do BOTH exercises, THEN switch to the other leg
 - Lunge, T hold, back to lunge – 10 on each leg holding “pit block”
- 10 press handstands

STRETCH

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

EXERCISE DESCRIPTIONS

Downward dog push ups – start in a “downward dog” yoga pose, make a Hershey kiss shape with your hands, keeping your head in line with your arms and do a push up, trying to get your head to touch the Hershey kiss.

Shoulder taps – in a push up position, tap your right shoulder with your left hand, then your left shoulder with your right hand (30 total, not each side)

Wide arm push ups – hands about 6 inches out from a regular push up position

Diamond push ups – regular push up position, but put your hands together so they make a diamond, do push up aiming to get your chest to touch your hands

Handstand Walk-Ups – start in a push up position, feet by the wall. At the same time, walk your hands towards the wall and your feet up the wall so you end up in a handstand, then walk back out to a push up position.

“T” lifts – lay on your stomach, arms straight out to the side like the letter “T”. Keeping your arms tight, lift them up and down (this is not a very big movement). If the girls have access to light, 1 or 2 pound, weights they can use those for this exercise.

“Y” lifts – same as above, except your arms are up in a “Y” shape (like the YMCA song)