

Xcel and JOGA Thursday ZOOM Workout

You will need:

Stopwatch/timing device

Chair

WARM UP: 30 second run in place + 5 burpees + 30 second run in place + 5 burpees

STRENGTH CIRCUIT

Do **each circuit** three times **BEFORE** moving to the next circuit. **ALL** exercises for today are for time, and **ALL** are **30 seconds** each exercise.

Circuit One

Hollow rocks

Plank jacks

Circuit Two

Squats

Lunge jump switches

Circuit Three

Arch hold flutters

Lateral jumps

Circuit Four

Hollow hold flutters

Plank hold shoulder taps

Circuit Five

Dips

Jumping jacks

STRENGTH PART 2

- 3 x 10 second straddle press hold (sit in medium size straddle, hands shoulder width apart in the middle, push down and hold yourself in a straddle for 10 seconds)
- 10 Press handstands

STRETCH

- Splits – 1:00 each left/right/middle
- 2 bridges, hold each 15 seconds

LIVE ZOOM LINK

Topic: Thursday Workout

Time: Mar 26, 2020 04:00 PM Eastern Time (US and Canada)

Join Zoom Meeting

<https://us04web.zoom.us/j/767865080?pwd=R1IrZUIWZjNpR1dRMzVZemFCSlUxUT09>

Meeting ID: 767 865 080

Password: 717953