

Xcel/JOGA 5, 6 & 7 Leg Workout – Monday March 30

*Exercise descriptions included at the bottom of the workout – READ ENTIRE WORKOUT **FIRST** and pay attention to your form. Don't rush through the exercises (not like you have any where to go).

YOU WILL NEED:

Stopwatch/timing device

Stairs (a step)

Wall

WARM UP: 100 jumping jacks

STRENGTH CIRCUIT

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

Circuit One

15 squats

15 glute bridges

10 V-ups

Circuit Two

10 single leg candle stick to stand (each leg)

20 side-step squats

10 push ups

Circuit Three

12 single leg glute bridges (each leg)

20 jumping lunges (total)

15 kneeling lean backs (facing wall)

30 sec. arch rocks

STRENGTH – PART 2

- 3 x 10 second straddle press holds
- 2 x 15 second “floor handstands” – lay on your belly, hands shoulder width apart against a wall, push through shoulders, squeeze body tight the way you would in a regular handstand.
- 5 handstand holds:
 - 1 and 2 belly against wall, focus on pushing through shoulders/ribs in. Hold each 15-20 seconds **WITHOUT** losing form.
 - 3, 4 and 5 no wall, straight body, hold as long as you can – yes, you are still working toward that 1:00 handstand hold!
- 5 reverse press handstands – handstand with your back against a wall/couch/etc., straddle and **SLOWLY** reverse the “press up” action of a press handstand.
- 5 press handstands – **DO NOT PUSH OFF FEET!** LEAN your shoulders over your wrists, LIFT legs from your hips

STRETCH

- Left/Right/Middle splits – 1:00 each
- 2 bridges – hold one for 15 seconds, do 5 bridge rocks for the second bridge

*Exercise descriptions/reminders:

Squats: feet shoulder width apart, toes/knees straight forward, squat as low as you can

Glute Bridges: lay on your back, knees bent feet on floor, lift your hips and squeeze your butt

Side-step squat: start standing with feet together; use your right leg, step sideways into a squat (not a huge step, only about shoulder width apart), then bring that leg back to the start position. Repeat on the left, alternating right left until you get to the number listed (it's a total, not each side).

Single Leg Glute Bridges: same as glute bridges, but one leg can be held straight in air, or tuck that knee into your chest and hold while using other leg to do exercise.

Kneeling Lean Backs: kneel (up tall) facing a wall, hands behind your head. Keeping your body tight (squeeze your butt), lean back as far as you can then return to your starting position (do not pike your hips to "sit" on your heels).