

## Xcel and JOGA 5, 6 & 7 Strength Workout – Tuesday March 31

You will need:

Stopwatch/timing device

Step/stairs/giant text book

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

WARM UP – 75 jumping jacks + 10 burpees

### 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 toe raises, hold last rep for 10 seconds

#### Circuit Two

30 seconds Swimmers

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

30 seconds plank shrugs

#### Circuit Three

12 oblique dips (side plank, dip your hip)

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

20 heel raises, hold last rep for 10 seconds

#### Circuit Four

20 Upper Body Arch Ups

20 Lower Body Arch Ups

30 second plank hold

### 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