

Xcel/JOGA 5, 6 & 7 Leg Workout – Friday April 10

*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

20 squats

20 glute bridges

30 toe raises

Circuit Two

10 single leg candle stick to stand (each leg)

20 side-step squats (each side)

30 heel raises

Circuit Three

12 single leg glute bridges (each leg)

30 jumping lunges (total)

20 kneeling lean backs (facing wall)

HANDSTAND WORK – FOCUS ON FORM!!!! All of these are supported handstand drills – use this to focus on pushing through your shoulders, keeping your ribs in, keeping tight leg and foot form. Pay attention to your hand placement – many of you have your hands slightly wide – there should be a straight line from your shoulder to you wrist, perpendicular to the floor.

1. Side handstand hold against wall – 10 seconds each side.
2. 15 second tuck handstand hold
3. 10 tuck handstand shrugs
4. 15 second pike handstand hold
5. 10 pike handstand shrugs
6. 15 second handstand hold against wall
7. 10 handstand shrugs

STRETCH – you should all take pictures of your splits and compare them to the pictures most of you sent me two weeks ago. Your splits should be looking better – lower to the floor, cleaner form, etc.

*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).