

Xcel and JOGA Monday Ladder Workout

The workout structure is a little different – after you warm up you will START with some handstand work, then move on to your workout.

WARM UP – 100 jumping jacks, 50 high knees, 50 butt kickers

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

WORKOUT – LADDER DOWN 10 -> 5

Directions: You are going to do the following list 6 times. It's a ladder from 10 down to 5 – the first time through you do 10 of each exercise, then the second time through you do 9, third time is 8...all the way until the 6th set where you do 5.

Exercises

- Side plank dips (each side)
- Burpees – NO push up
- Push ups – IF you have a chin up bar, do chin ups instead!
- Straddle ups – like v-ups, but in a straddle
- Squat jumps
- Arch ups

STRETCH – go through a full stretch the way you would at practice OR go through the stretch in the link that Coach Dana sent on Thursday after our Zoom practice. When we get back to the gym I expect everyone to have all three splits, or to at least show significant improvement in all three splits.