

Xcel and JOGA 5, 6 & 7 Strength Workout – Wednesday April 15

You will need:

Stopwatch/timing device

Chair/bed/bench/couch for dips

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

30 seconds Arch rocks

20 side arch ups (each side)

10 Squats

Circuit Two

30 toe touches

25 upper body arch ups

12 side plank dip (each side)

10 push ups

Circuit Three

10 plank up-downs (start in a forearm plank, “step” up to a push up position, then back down to a plank – that is one)

25 lower body arch ups

12 single leg v-ups (each leg)

10 dips

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

- Splits – 1:00 each left/right/middle
- 2 bridges, hold one for 15 seconds, in the second one do 5 bridge rocks