

## Xcel and JOGA Workout – Thursday April 16

\*You will NEED **light** weights (1-2lbs max) – you can use water bottles, soup can, etc. if needed.

\*You will also need something to squeeze – a tennis ball, stress ball, play-doh, or even a balled up pair of socks will work.

\*If you have a balance beam you will need that as well – if you don't have one that is perfectly fine.

\*You need a space you can safely handstand, side handstand and cartwheel – if you are NOT ALLOWED to do those things in your house, or you don't have enough room then SKIP THAT PART!

### WARM UP

- Wrist warm up: 10 wrist curls (up, down, each side) on each wrist; then 10 tennis-ball squeezes
- 100 jumping jacks

### PART 1 – HANDSTAND DRILLS

1. 15 sec tuck handstand into 10 tuck handstand shrugs
2. 15 sec pike handstand into 10 pike handstand shrugs
3. 20 sec pike handstand: right leg vertical for 10, then left leg vertical for 10
4. 15 sec side handstand hold, each side
5. 15 sec handstand hold, belly to the wall, into 10 shrugs
6. 15 pike handstand push ups: 5 regular, 5 right leg vertical, 5 left leg vertical

### PART 2 – BEAM COMPLEX

1. 15 needle kicks, each leg
2. 8-count ankle warm up (plié, releve, stretch, heels down, releve, plié, heels down, stretch – 2 times right foot in front, then two times left in front)
3. Releve hold w/ pivot and arm change – hold for 8 with arms up, pivot, hold for 8, pivot, hold for 8 arms side-middle, pivot hold for 8
4. Releve in demi plié hold – hold for 8 count x2
5. Passé hold complex, R/L x3 (flat foot hold for 8, 8 toe raises, hold releve for 8 – no rest!)
6. Passé 6 count – forward passé (1), turn out to side passé (2), extend leg straight (3), push to releve (4), then back down(5), bring leg back to side passé (6), rotate to forward passé (1)
7. Standing kicks front and back, 3 sets 8
8. 5 T-tap-T each side.
9. 5 tick-tock talls each side.
10. 5 handstands
11. 5 side handstands
12. 5 cartwheels

### PART 3 – PRESS DRILLS

1. 5 press down from wall handstand, back to wall – you CAN do this without a wall.
2. 5 kneeling straddle to handstand – MUST hit vertical handstand to count
3. 5 seated straddle presses, lifting as high as you can