

Xcel and JOGA 5, 6, 7 Friday Workout

WARM UP: If possible (if it is safe and you are allowed by your parents) go for a 5 minute run outside: go up and down your driveway, run up and down on the sidewalk in front of your house, run around the block if possible – ONLY if your parents are ok with this!

Other warm up option: 50 mountain climbers + 10 burpees + 50 jumping jacks + 50 high knees + 10 v-ups.

WORKOUT

PART 1 – Handstand Shapes

Do 3 handstands, not against a wall, in each of the following shapes. See which one you can hold the longest – NO WALKING!!! (if you can, take a picture!):

- Straight body
- Split
- Double stag (go to a split, then bend each leg to 90 degrees)
- Straddle
- Tuck
- Wolf

PART 2 – 8 sets of 8 Abs

Do the following list 8 times:

1. 8 hollow rocks
2. 8 side plank dips on right
3. 8 side plank dips on left
4. 8 toe touches

PART 3 – Active Flexibility

- 3 sets of 8 needle kicks, right and left
- 5 straddle “swim” through to your stomach, than back to a straddle sit
- Bridge walks – bridge up, take 10 “steps”
- Bridge kicks – bridge up, 3 kicks with right leg, 3 kicks with left
- Standing pike stretch, hold for 8, squat to forced arch for 8, back to a pike for 8, squat to heels on the floor for 8

PART 4 – 8 sets of 8 Back

Do the following list 8 times

1. 8 upper body arch ups
2. 8 lower body arch ups
3. 8 swimmers
4. 8 arch rocks

PART 5 – Static Flexibility

- 1:00 right leg split
- 1:00 left leg split
- 1:00 middle split