

## Xcel and JOGA Holds and Burpees Thursday

### YOU WILL NEED:

- Stop watch/phone/timing device
- Wall
- Light weights (1-3 pounds) – ankle weights work too, as do full water or Gatorade bottles

WARM UP – 50 jumping jacks + 20 mountain climbers

### WORKOUT

This workout has a different structure than the previous days, so READ DIRECTIONS CAREFULLY:

- You will do 3 rounds of the list below (YES, you NEED to do the exercises in the order listed!)
- All of the exercises are holds, so you are doing them for time:
  - Round 1 – 45 seconds each
  - Round 2 – 35 seconds each
  - Round 3 – 25 seconds each
- After EACH ROUND you do 10 burpees (no push up)

### Exercises

- Hollow hold
- ½ push up – *push up position, bend elbows at least 90 degrees and hold (basically you are hovering about 4-6 inches above the ground, sorry not sorry)*
- Arch hold
- Wall Sit
- Plank hold (all planks are on forearms)
- Releve hold (does NOT have to be a beam releve hold with “beam feet”)
- Standing “T” hold – *standing with arms at your side, keeping arms straight, raise them out to the side so they are parallel to the floor (like a letter “T”) \*IF you have light weights, 1-3 lbs you can use those for this exercise, if not, then you can use filled water or Gatorade bottles.*
- Side plank (left)
- Side plank (right)
- Handstand, belly against wall
- YOU FINISHED THE LIST – now do 10 burpees and START OVER!! 😊

### STRENGTH PART 2

- 3x10 straddle press holds
- 10 press handstands

### STRETCH

- Splits – 1:00 each left/right/middle
- 2 bridges, hold each 15 seconds