

Xcel and JOGA Monday Workout – Arms and Basics

STRENGTH CIRCUIT

Do **each circuit** three times **BEFORE** moving to the next circuit.

Circuit One

15 regular push ups

10 pike handstand push ups

40 plank shoulder taps

Circuit Two

15 wide arm push ups

20 dips

5 Handstand Walk-ups

Circuit Three

15 second tuck handstand hold into 10 tuck shrugs

15 second pike handstand hold into 10 pike shrugs

15 second handstand hold (belly facing wall) into 10 handstand shrugs

BASICS - *If you have a panel mat/air track/etc please use it. If you do not have room for something, please skip it:

Directions: do 3 of the following basic skills, WITH PERFECT FORM -> basics need to be done with perfect form so that your more advanced skills have perfect form. Please go in order.

- Handstand hold, no wall
- Handstand ½ pirouette
- Handstand walk the length of your panel mat
- Cartwheel, BOTH left and right
- One-arm cartwheel, good side only
- Cartwheel from your knee, left and right
- Cartwheel step-in, from your knee, good side only
- Bridge rocks
- Bridge kick-over
- Handstand to bridge, kick over
- Back walkover (if you have room) – or back-bend kickover
- Front walkover (if you have room) – or front limber.