

## Xcel/JOGA Thursday Workout

Do each circuit three times before moving to the next one.

### Circuit 1

30 sec. jumping jacks

20 sec. burpees to plank, no push up

### Circuit 2

10 single leg bridges

10 side plank dip

15 squats

### Circuit 3

30 swimmers

40 mountain climbers

15 dips

### Circuit 4

30 sec plank

10 burpees, WITH a push up

10 single leg toe raises each side, hold last one for 10 seconds

### Circuit 5

20s jumping jacks

5 standing pike walk outs – start in a standing pike, walk out to a plank, walk back to a pike (that's 1) – only your hands are moving, feet stay in one spot