

Xcel/JOGA Friday Workout Arm-Ab-Leg-Gymnastics!

Today's workout you are just going to go through once (you can do more than once if you want):

50 plank shoulder taps (total)

25 hollow rocks

50 jumping jacks

5 perfect handstand holds

20 push ups

40 toe touches

40 mountain climbers

5 perfect cartwheels

15 dips

30 arch ups

30 toe raises

3 perfect bridge up, kick overs (yes, you need to start from a bridge!)

10 pike handstand push ups

20 hollow flutters

20 jumping lunges (total)

3 perfect back walkovers OR back bend kick overs

5 handstand push ups

10 single leg v-ups (each leg)

10 tuck jumps (or squat jumps if tuck jumps aren't doable in your workout space)

3 attempts at headstand push up to handstand (do NOT go from a handstand back to the headstand!)

One 15 second straddle hold

One 15 second pike hold

5 attempts at a seated press handstand, start in a straddle sit, lift and get your hips up as high as you can

5 plank drag to press HEADstand -> You NEED socks! 1. Start in a forearm plank with toes pointed, 2. Drag your feet into a pike by lifting your hips, 3. Lift toes in a straddle press.