

## Xcel and JOGA 5, 6, 7 Friday Workout – Week 3

You will need:

Stopwatch/timing device

Chair

WARM UP: 30 second run in place + 5 burpees + 30 second run in place + 5 burpees

### STRENGTH CIRCUIT

Do **each circuit** three times **BEFORE** moving to the next circuit. **ALL** exercises for today are for time, and **ALL** are **30 seconds** each exercise.

#### Circuit One

Hollow rocks

Plank jacks

#### Circuit Two

Squats

Lunge jump switches

#### Circuit Three

Arch hold flutters

Lateral jumps

#### Circuit Four

Hollow hold flutters

Plank hold shoulder taps

#### Circuit Five

Dips

Jumping jacks

### STRENGTH PART 2

- 3 handstand holds, belly to the wall, 30 seconds each.
- 3 handstand hold, back against the wall, 15 seconds and a controlled PRESS DOWN to straddle stand.
- 3 handstand holds, no wall, straight body
- 3 “mini press lifts” (start your press, lean your shoulders, LIFT toes 4-6 inches off the ground and HOLD that position for a few seconds.
- 3-5 press handstands – these can be against a wall, from a sit, not against a wall – your choice, just make sure you are doing this correctly – if you have a wedge mat (I know some of you might) stand it up against the wall like we do at the gym and do your press handstands that way.
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### STRETCH

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