

Xcel and JOGA 5, 6 & 7 Tuesday Workout – “Roll the Dice” Game

You need a pair of dice.

You will also need a wall where you can do handstand push ups.

You will need a timer if you are doing the workout on your own.

How to play:

1. Set a timer for 25:00.
2. Start the timer.
3. Roll the dice. Whatever number you roll is the number you do in the list below – ex. Roll a 3, you do 3 handstand push-ups, roll an 11 you have 11 squats, etc.
4. Repeat step 3 until the time runs out.

*If you join the Zoom workout I will set the timer and each person who is “at” the workout will get to roll the dice (so yes, you will still need a pair of dice if you are joining the workout).

WARM UP – 50 jumping jacks +10 v-ups +30 jumping jacks + 10 v-ups

“ROLL THE DICE” WORKOUT GAME EXERCISES

2 – single leg candle stick jumps (2 on EACH leg)

3 – handstand push ups, belly facing a wall

4 – single leg glute bridges (4 on EACH leg)

5 – side-step lunges (5 on EACH leg)

6 – burpees, no push up

7 – plié jumps (squat jumps, but don’t go past 90 degree bend – like sitting on a chair)

8 – standing needle kicks (8 on EACH leg, focus on form)

9 – kneeling lean backs

10 – toe raises, hold 10th one for 10 seconds

11 – squats

12 – jumping lunges (total)

STRETCH – splits/bridges