

## Xcel and JOGA Arms and Handstand Workout – Wednesday April 8

You will need:

Wall that you can handstand against safely

Chair

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

### STRENGTH CIRCUIT

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

#### Circuit One

15 regular push ups

10 pike handstand push ups

20 second tuck handstand hold

#### Circuit Two

15 wide arm push ups

5 Handstand Walk-Ups

15 tuck handstand shrugs

#### Circuit Three

12 dips

40 plank shoulder taps

15 handstand shrugs (belly facing wall)

### HANDSTAND WORK

- 5 press-downs (back against the wall handstand, controlled press down to straddle stand)
- 5 handstand holds
- 5 straddle press lifts (hold as long as you can)
- 5 press handstands

STRETCH – go through entire stretch that we do at the start of practice or a meet – including all the arm circles/kicks/splits/etc. – make sure you hold each split for 1:00.