

## Thursday Workout

### YOU WILL NEED:

- Timer – if possible, use an online Tabata timer (free) or a Tabata Timer App (I have “Tabata Timer” it’s free). If not you CAN use a regular watch/phone/etc. **\*If you are joining the Zoom workout you will NOT need a timer.**
- Chair for dips.

### WORKOUT

**Directions:** today's workout is structured a little differently. There are 10 exercises. You do each for 45 seconds, then REST for 15 seconds, then do the next exercise for 45 seconds, all the way through the last exercise. At the end of one round (**one round = the entire list one time**), you get a one minute rest, then start the list again.

#### 45 Seconds Work/15 Seconds Rest – 2 Rounds – 1:00 rest in between rounds

1. Jumping jacks
2. Push ups
3. Dips
4. Jumping lunges
5. Arch hold
6. Mountain climbers
7. Plank shoulder taps
8. Squats
9. Hollow rocks
10. Candle stick to stand – alternating legs

**HANDSTAND WORK – FOCUS ON FORM!!!!** All of these are supported handstand drills – use this to focus on pushing through your shoulders, keeping your ribs in, keeping tight leg and foot form. Pay attention to your hand placement – many of you have your hands slightly wide – there should be a straight line from your shoulder to your wrist, perpendicular to the floor.

1. Side handstand hold against wall – 10 seconds each side.
2. 15 second tuck handstand hold
3. 10 tuck handstand shrugs
4. 15 second pike handstand hold
5. 10 pike handstand shrugs
6. 15 second handstand hold against wall
7. 10 handstand shrugs

### STRETCH