

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

Warm up: 1:00 jumping jacks, 15 hops on the left foot, 15 hops on the right foot, 1:00 jog in place, arm circles (front and back – 8 each), wrist stretch, one set of 8 standing needle kicks

Today's workout you are just going to go through **once**:

60 plank shoulder taps (total)

30 hollow rocks

60 jumping jacks

10 perfect handstand holds

25 push ups

50 toe touches

50 mountain climbers

10 perfect cartwheels – 5 good side, 5 bad side

20 dips

40 arch ups

20 single leg toe raise, both legs

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

15 pike handstand push ups

30 hollow flutters

30 jumping lunges

3 perfect back walkovers OR back bend kick overs

10 handstand push ups

20 single leg v-ups (each leg)

20 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!)

3 x 15 second straddle hold

3 x 15 second pike hold

3 x 5 straddle press rocks

3 x 5 forearm plank drag to press HEADstand (if this is too easy then do an extended arm plank and drag to press handstand)