

Xcel/JOGA Friday Workout

3 minute cardio warm up – your choice of warm up – you can do any of the warm ups we have done (jumping jacks, jump rope, hopping on each foot, running or skipping in place), OR you can bounce on your trampoline, ride your bike up and down the driveway/sidewalk, run in your driveway or on the sidewalk in front of your house. Get creative!

Do each circuit three times before moving to the next circuit.

Circuit One

7 tennis ball squeezes, each hand

20 regular push ups

10 pike handstand push ups

50 plank shoulder touches

Circuit Two

5 tennis ball squeezes, each hand

20 wide arm push ups

25 dips

5 standing pike stretch to plank walk outs - (start in a standing pike stretch, hold for 2, walk your hands out to a plank, hold for 2, walk your hands back to a standing pike, hold for 2 – that is ONE. Your legs stay straight, and only your hands move)

Circuit Three

3 tennis ball squeezes, each hand

20 second tuck handstand hold into 10 tuck shrugs

10 plank shoulder shrugs (plank hold, “pinch” your shoulder blades together, then “pull” them apart)

8 handstand shoulder touches (just like the plank ones, but in a handstand – yes, you can be against a wall, but you don’t have too)

Stretch.