

Xcel/JOGA Monday May 18

3:00 warm up of your choice (you can mix it up, just keep moving fast the whole time)

Pre-Stretch – 8 count: arm circles front and back, standing needle kicks, ankle switches, roll out wrists

Do each circuit 3 times before moving to the next one.

Circuit One

25 squats

30 (total) jumping lunges

3 cartwheel step-in straight jump stick

3 wolf jump + tuck jump ½ jump series (beam)

Circuit Two

40 straight arm plank, knee to opposite elbow

10 side plank dips, each side

10 handstand shoulder taps (you may use a wall if needed)

40 hollow flutters

3 handstands, hold as long as you can

Circuit Three

Bridge with 5 rocks to kick over

5 pike forward roll, try to stand up with straight legs (kip drill)

50 plank shoulder taps

SOCKS NEEDED: 5 forearm plank, drag to pike, straddle press headstand

SOCKS NEEDED: 3 push up position, drag feet up to pike, slide back to push up position

Post-stretch: 1:00 left, right and middle splits