

Xce/JOGA Tuesday Zoom Workout

PART 1

“5 Burpees Every Minute”

4 Rounds of:

60 mountain climbers

20 squats

10 push ups

30 hollow flutters

*when the workout starts, I will start a timer. Every minute, you will stop whatever exercise you are doing and do 5 burpees, then continue where you left off. Burpees to a plank position, no push up.

PART 2

“Circle” of Abs – number for everything is 20 (so 10 on each side for oblique exercises) – one time through

Hollow scissors

Seated piked leg lifts

Swimmers

Side plank dips

Glute bridges

Hollow rocks

Upper body arch ups

Lower body arch ups

Side arch ups

Arch rocks

Arch flutters

Single leg v-ups

Seated straddle lifts