

Xcel/JOGA Friday Workout

Vault

1:00 high knees
20 sec "sprint" in place (high knees as fast as you can)
1:00 butt kickers
20 sec "sprint" in place
50 rebounds
10 straight jump as high as you can, stick, finish
20 upper body arch ups
20 lower body arch ups
10 handstand pops

Bars

10 forearm plank, drag to pike press HEADstand (wear socks!)
20 pike lifts: sit in a pike, tall back, hands on floor by your knees, keep legs as tight as you can and lift your heels up and down – your butt stays on the floor
5 pike forward rolls to stand with straight legs (please put a mat, towel, blanket on the floor!)
20 straddle lifts: sit in a straddle, hands in the middle, keep your butt on the floor and lift your legs up and down – legs straight, toes pointed
20 sec tuck handstand hold into 10 shrugs
20 sec pike handstand hold: 10 seconds both feet on the chair, 5 seconds right leg lifted to ceiling, 5 seconds left leg lifted to ceiling

Beam

10 standing needle kicks each leg
15 single leg toe raises in coupe, each leg
15 single leg toe raises in passé, each leg
Standing, arms side middle: 10 kicks front, 10 side, 10 back – both legs
10 full turns (do half turns if you don't have a space to safely do full turns!)
5 single leg candle stick to stand, each leg

Floor

3 handstand holds
3 ½ pirouettes
3 forward roll to straight jump
3 backward roll to downward dog (pike), 5 downward dog push ups
3 cartwheels
Bridge – 5 rocks
Bridge – 3 straight leg kicks both legs
3 bridge kick over **OR** backbend kick over **OR** back walkover
3 handstand to bridge stand up **OR** front walkover