

## Xcel/JOGA Wednesday 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 wolf jumps
- 5 tuck jump ½
- 3 wolf+tuck 1/2

### Floor

- 3 handstand holds
- 3 ½ pirouettes
- 3 forward roll to straight jump ½ into a backward roll
- 3 cartwheel step-in + straight jump
- 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