

Xcel and JOGA 5, 6, 7 Thursday Workout

WARM UP: 1:00 jump rope/pretend jump rope, 1:00 hula hoop/run in place, arm circles, wrist stretch.

WORKOUT

PART 1 – Handstand Shapes

Do 2 handstands, not against a wall, in each of the following shapes. See which one you can hold the longest

- Straight body
- Split
- Double stag (go to a split, then bend each leg to 90 degrees)
- Straddle
- Tuck
- Wolf

PART 2 – 5 sets of 8 Abs

Do the following list 8 times:

1. 8 hollow rocks
2. 8 side plank dips on right
3. 8 side plank dips on left
4. 8 toe touches

PART 3 – Active Flexibility

- 3 sets of 8 needle kicks, right and left
- 5 straddle “swim” through to your stomach, than back to a straddle sit
- Bridge walks – bridge up, take 10 “steps”
- Bridge kicks – bridge up, 3 kicks with right leg, 3 kicks with left
- Standing pike stretch, hold for 8, squat to forced arch for 8, back to a pike for 8, squat to heels on the floor for 8

PART 4 – 5 sets of 8 Back

Do the following list 8 times

1. 8 upper body arch ups
2. 8 lower body arch ups
3. 8 swimmers
4. 8 arch rocks

PART 5 – Static Flexibility

- 1:00 right leg split
- 1:00 left leg split
- 1:00 middle split