

Friday Workout Extra

Today's workout is the yoga video (link in email), however, if some of you want to also do a strength workout, here is a short one:

5 rounds, number for all exercises is 10:

Handstand shoulder taps (10 total, you can do this against a wall)

Tuck jumps

V-ups

Single leg toe raises in passé

Standing needle kicks (5 on each leg)

Dips