

Xcel/YOGA Monday Time Workout

WORKOUT

Directions: Do entire list, in order. Repeat THREE times.

45sec jumping jacks
45sec tuck ups
45sec high knees
45sec skip in place

40sec hollow flutters
40sec arch rocks
40sec plank shoulder taps
40sec squat jumps

35sec push ups
35sec jumping lunges
35sec mountain climbers
35sec hollow rocks

STRETCH – do this one time, AFTER you have finished the workout.

15sec right lunge
15sec right pre-split
1:00 right leg split

15sec left lunge
15sec left pre-split
1:00 left leg split

15sec standing sumo-squat stretch
15sec frog stretch
1:00 middle split

Bridge 1 – 10 bridge rocks
Bridge 2 – 3 kicks with each leg
Bridge 3 – 15sec perfect bridge hold