

Xcel/YOGA Tuesday Workout

3 minute cardio warm up.

Do each circuit three times before moving to the next circuit.

Circuit One

7 tennis ball squeezes, each hand

20 regular push ups

10 pike handstand push ups

50 plank shoulder touches

Circuit Two

5 tennis ball squeezes, each hand

20 wide arm push ups

25 dips

5 standing pike stretch to plank walk outs - (start in a standing pike stretch, hold for 2, walk your hands out to a plank, hold for 2, walk your hands back to a standing pike, hold for 2 – that is ONE. Your legs stay straight, and only your hands move)

Circuit Three

3 tennis ball squeezes, each hand

20 second tuck handstand hold into 10 tuck shrugs

10 plank shoulder shrugs (plank hold, “pinch” your shoulder blades together, then “pull” them apart)

12 handstand shoulder touches (just like the plank ones, but in a handstand – yes, you can be against a wall, but you don’t have too)

Stretch.