

Xcel/YOGA Workout

WORKOUT

Warm up

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

Do each circuit 3 times before moving to the next one.

Circuit One

30sec hollow hold
30sec hollow rocks
30sec arch hold
30sec arch rocks

Circuit Two

12 glute bridges
50 hollow flutters
6 side plank leg lift – start in a side plank on your right arm (so your right side is facing the floor), left hand on your hip. Staying as tight as you can, your left leg lifts up and then back down – like a pair of scissors – do 6, then repeat on the other side.
50 arch flutters

Circuit Three

30 plank knee to opposite elbow – start in a plank on your hands, bring your right knee up and touch your left elbow, then back straight; bring your left knee up to your right elbow, then back straight. It is similar to a mountain climber BUT it is slow, and your knee must come across to the opposite side.
10 side plank dips
50 swimmers, slow
60 mountain climbers

STRETCH