

## Xcel/JOGA Friday Workout

### Vault

1:00 high knees  
20 sec "sprint" in place (high knees as fast as you can)  
1:00 butt kickers  
20 sec "sprint" in place  
50 rebounds  
10 straight jump as high as you can, stick, finish  
20 upper body arch ups  
20 lower body arch ups  
10 handstand pops

### Bars

12 tennis ball squeezes each hand  
10 forearm plank, drag to pike press HEADstand (wear socks!)  
20 pike lifts: sit in a pike, tall back, hands on floor by your knees, keep legs as tight as you can and lift your heels up and down – your butt stays on the floor  
5 pike forward rolls to stand with straight legs (please put a mat, towel, blanket on the floor!)  
20 straddle lifts: sit in a straddle, hands in the middle, keep your butt on the floor and lift your legs up and down – legs straight, toes pointed  
20 sec tuck handstand hold into 10 shrugs  
7 tennis ball squeezes  
20 sec pike handstand hold: 10 seconds both feet on the chair, 5 seconds right leg lifted to ceiling, 5 seconds left leg lifted to ceiling

### Beam

10 standing needle kicks each leg  
15 single leg toe raises in coupe, each leg  
15 single leg toe raises in passé, each leg  
Standing, arms side middle: 10 kicks front, 10 side, 10 back – both legs  
10 full turns (do half turns if you don't have a space to safely do full turns!)  
5 single leg candle stick to stand, each leg

### Floor

5 handstand holds  
5 ½ pirouettes  
3 forward roll to straight jump  
3 backward roll to downward dog (pike), 5 downward dog push ups  
3 cartwheels  
Bridge – 5 rocks  
Bridge – 3 straight leg kicks both legs  
3 bridge kick over **OR** backbend kick over **OR** back walkover  
3 handstand to bridge stand up **OR** front walkover