

Xcel/JOGA Tuesday Workout Arm-Ab-Leg-Gymnastics!

Warm up: 50 jumping jacks

Today's workout you are just going to go through **once**:

60 plank shoulder taps (total)

30 hollow rocks

60 jumping jacks

5 perfect handstand holds

25 push ups

50 toe touches

50 mountain climbers

10 perfect cartwheels – 5 good side, 5 bad side

20 dips

40 arch ups

20 single leg toe raise, both legs

5 one-arm cartwheel

15 pike handstand push ups

30 hollow flutters

30 jumping lunges

5 cartwheel step-in + jump full turn

10 handstand pops

20 single leg v-ups (each leg)

5 tuck jumps

5 wolf jumps

5 wolf jump + tuck 1/2