

Workout Wednesday

Warm up: 25 jumping jacks, 25 rebounds, 25 jumping jacks, 10 left foot hops, 10 right foot hops

Circuit One – do 2 times:

30 sec handstand hold (wall if needed)
10 handstand shoulder taps (total, use a wall if needed)
5 handstand pops
3 press handstands

Circuit Two – do 3 times:

25 hollow rocks
25 arch rocks
12 side plank dips – left
12 side plank dips – right
20 hollow scissors

Circuit Three – do 1 time:

5 cartwheels (pretend you are on a balance beam)
3 cartwheel step-in, straight jump as high as you can, stick
5 cartwheel step-in, jump full turn
3 cartwheel swing through, hold at horizontal
3 cartwheel swing through + cartwheel (beam series)

Circuit Four – do 2 times:

10 standing needle kicks – left
10 standing needle kicks – right
5 bridge rocks
10 bridge shoulder taps (total; bridge up, tap hand to same shoulder)
15 passé hold toe raises – left
15 passé hold toe raises – right

Circuit Five – do 1 time:

1:00 left split
1:00 right split
1:00 middle split
20 sec seated pike stretch
20 sec standing pike stretch