

Xcel Vacation Workout

Day 1      Day 2      Day 3      Day 4      Day 5

**Warm Up - Performed in Place**

High Knees	3x30 Sec					
Butt Kicks	3x30 Sec					
Jumping Jacks	3x30 Sec					
Competition Warm Up Stretch						

**Arms**

Push Ups	2x10					
HS Hold	2x15 Seconds					
Shoulder Shrugs (PushUp)	2x20					
Pike Press Hold	2x15 Seconds					
Plank Walkouts	2x15					
Door Pull Ups	2x15					

**Core**

Lemon Squeezers	2x15					
Arch Ups	2x15					
V-Ups	2x15					
Arch Rocks	2x15					
Hollow Hold	2x30 Sec					
Upper Arch Ups	2x15					

**Legs**

Lunges	2x20					
Calf Raisers	2x20					
Fire Hydrants	2x20					
Hip Flexor Lifts	2x20					
Leg Straighteners	2x20					

**Flex**

Splits- L, R, Center	1 Minute (Each)					
Hamstring (Pike)	2x30 Sec					
Bridge (straight legs)	2x30 Sec					
Achilles	30 Sec Each					
Hip Flexor	30 Sec Each					

**Routines**

Visualize	10 Each event					
Floor Dance Arm Set	5 in mirror					
Beam Dance Arm Set	5 in mirror					