

## **12/Over Dry Land Workout**

Check the Piranha YouTube Channel for demos.

### **5-10 Minute warm-up**

Add hip and shoulder stability work. There is a YouTube video that demonstrates.

### **12 Minute AMRAP**

30 Jumping Jax

25 Plank Jax

20 Skip Jax

10 Advanced Side Planks (10 on each side)

### **2 Rounds**

40 Mountain Climbers

30 Leg Lifts

20 Push-ups

### **5 minute warm-down**

Do some more hip and shoulder stability work. Get a long warm-down stretch in.

Keep up the great work!!

Stay safe, stay healthy, take care,

Henk