

DAY 1

14/Over Dry Land Workout - March 18, 2020

Most of the dry lands in this workout are feature on the Piranha YouTube Channel. Check is out if you don't know how to do an exercise.

5-10 Minute warm-up

If you have a foam roller use it for like 5 minutes and check out the Piranha YouTube Channel for a great 5-minute dynamic warm-up. It will change each week.

15-20 minutes

3 rounds

50 jumping jax

10 Squats (rear end like you are sitting in a chair)

10 Push-ups (from the knees if you must, but try as many regular as you can)

20 Skater Lunges

30 seconds breaks after each round

15-20 Minutes

3 rounds

10 Hollow Rocks (if not try and hold for 20 seconds)

30 seconds low plank

20 Basic Sit-ups

30 seconds high plank

10 minute warm-down

Check out the Piranha YouTube for a great warm-down.

If this workout takes you less time that listed, then do another round. If it takes you more, GOOD!!

Stay safe, stay healthy, take care,

Henk