

14/Over Dry Land Workout – April 17, 2020

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.

6 Minute AMRAP

10 Push-up – under control and strong

15 Sit-ups – arms crossed, hands on shoulders, feet planted on the ground

6 Rounds – 30 seconds on – 15 off

Scissors

Leg Lift Hold – heels 6 inches above the ground

Supermans

6 Minute AMRAP

50 Mountain Climbers

50 Fan Jax

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