

14/Over Dry Land Workout – April 22, 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.

50 Squats

50 Adv Side Planks (25 each side)

50 Skater Lunges

50 Shoulder Taps

50 Supermans

50 Super Planks

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