

DAY 10 - 14/Over Dry Land Workout - March 31, 2020

Check Piranha YouTube for exercise descriptions, warm-ups, and warm downs.

10 Minute warm-up

1000 WORKOUT

10 Push-ups

50 Squat Jumps

50 Side-to-side lunges (25 to each side)

10 Push-ups

50 Side Plank hip Dips (25 each side)

50 Sit-ups

10 Push-ups

50 Sumo squats (wide legs feet pointed out to 2&10 o'clock)

50 Courtesy Lunge (25 each side)

10 Push-up

50 Alternating V-ups

50 Bicycles

10 Push-ups

50 Low Squats

50 Leg Lifts

10 Push-ups

50 Supermans

50 Mountain Climbers

10 Push-ups

50 Jumping Jax

50 Super Planks

10 Push-ups

50 Side Plank Leg Lifts (25 each side)

50 Fan Jax

10 Push-ups

50 Planks tap (low plank, tap your hand in front of you, alternating)

50 Russian Twists

10 minute warm-down

Go Piranhas! #OneTeam, Henk