

DAY 12 - 14/Over Dry Land Workout – April 3 2020

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

10 Minute warm-up

Checkout Piranha YouTube Channel for warm-up videos

20 AMRAP

10 Thrusters
20 Shoulder Taps
40 Russian Twist
80 Mountain Climbers
100 Jumping Jax

12 Minute EMOM (every minute on the minute – you have a minute to complete the exercise, if you finish is 40 seconds, the time that is leftover is rest)

75 Butt Kicks
10 Burpees
25 Skater Lunges
10 Push-up with a T-Drill

10 minute warm-down

Checkout Piranha YouTube Channel for warm-down videos

Go Piranhas! #OneTeam,
Henk