

DAY 3

14/Over Dry Land Workout – April 7, 2020

10 Minute warm-up

Add some shoulder and hip stability work into your warm-up today. Check out the YouTube Channel for the demo video

4 rounds

10 Lunge Jumps/Skip Jacks
30 Plank Taps
10 Hollow Rocks
30 seconds between rounds

4 rounds

30 Supermans
30 Side plank hip dips each side (15 each side)
30 Bicycles
30 Seconds High plank
30 Seconds Between rounds

10 minute warm-down

Keep up the great work!!

Stay active, stay safe, stay healthy, take care,

Henk