

## **DAY 17**

### **14/Over Dry Land Workout – April 9, 2020**

#### **10 Minute warm-up**

#### **2 rounds**

25 Super Planks – 10 Squat Jumps  
25 Super Sit-ups – 10 Squat Jumps  
25 Supermans – 10 Squat Jumps  
25 Plank Jax – 10 Squat Jumps

#### **8 Minutes (as many reps as possible)**

30 Seconds Bicycles  
30 Seconds Low Plank hold  
30 Seconds Bicycles  
30 Seconds Skaters

#### **10 minute warm-down**

Keep up the great work!!

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

Henk