

## **DAY 19**

### **14/Over Dry Land Workout – April 11, 2020**

Most of the dry lands in this workout are feature on the Piranha YouTube Channel. Check is out if you don't know how to do an exercise.

#### **5-10 Minute warm-up**

Add hip and shoulder stability work. There is a YouTube video that demonstrates.

#### **10-12 Minutes**

2 rounds

50 Jumping Jax

40 Bird-Dog (20 each side)

30 Knee taps (to each side)

20 T-Drills

10 Yoga Push-ups

#### **8 Minute Core**

45 seconds Low Plank

10 Hollow Rocks

45 seconds High Plank

10 Toe Touches

45 seconds side plank (switch side next round)

#### **15 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