

DAY 2

14/Over Dry Land Workout - March 19, 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

If you have a foam roller use it for like 5 minutes and check out the Piranha YouTube Channel for a great 5-minute dynamic warm-up. It will change each week.

10-12 Minutes

2 rounds

50 Russian Twist?

40 Butt Kicks (run in place and make sure your heel hits your butt)

30 T-Drills

20 Squat Jumps

10 Supermans

12 Minute AMRAP (as many rounds as possible – keep going until 12 minutes is up)

10 Burpees

10 Push-ups (do as many regular as you can before dropping to your knees)

10 Squat Jumps

10 minute warm-down

Check out the Piranha YouTube for a great warm-down.

Keep up the great work!!

Stay safe, stay healthy, take care,

Henk