**DAY 20**

**14/Over Dry Land  Workout – April 13, 2020**

Check Piranha YouTube for exercise descriptions.

**10 Minute warm-up**

| ROUND 1 | ROUND 2 | ROUND 3 | ROUND 4 | ROUND 5 | ROUND 6 |
|---|---|---|---|---|---|
| 5 Push-ups | 10 Push-ups | 15 Push-ups | 20 Push-up | 25 Push-ups | 30 Push-ups |
| 10 Sit-ups | 20 Sit-ups | 30 Sit-ups | 40 Sit-ups | 50 Sit-ups | 60 Sit-ups |
| 5 Squats | 10 Squats | 15 Squats | 20 Squats | 25 Squats | 30 Squats |

**30 SECONDS REST AFTER EACH ROUND**

**10 minute warm-down**

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

Go Piranhas!  #OneTeam

Henk

ASAP