

## **DAY 3**

### **14/Over Dry Land Workout - March 20, 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.

#### **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.

#### **15 Minutes**

3 rounds

10 Lunge Jumps

30 Plank Jax (low plank and legs "jack" out and in 30 times)

15 Thrusters

30 seconds between rounds

#### **15 minutes**

3 rounds

30 Supermans

15 side plank hip dips each side (total of 30)

10 Burpees

30 seconds between rounds

#### **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