

DAY 4

14/Over Dry Land Workout - March 21 2020

YEA I KNOW IT'S SATURDAY!! Check Piranha YouTube for exercise descriptions.

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.

4 Rounds

45 Seconds of each exercise with 15 seconds rest after each

Jumping Jax

Squats

Push-ups

Wall Sits

Back Lunges

Super Planks

Thrusters

10 minute warm-down

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

Go Piranhas! #OneTeam

Henk