

DAY 5

14/Over Dry Land Workout - March 22 2020

Check Piranha YouTube for exercise descriptions.

10 Minute warm-up

A new warm-up has been posted check the Piranha YouTube Channel. You can also foam roll for 5 minutes in addition to the warm-up.

ROUND 1

5 Push-ups
10 Sit-ups
5 Squats

ROUND 2

10 Push-ups
20 Sit-ups
10 Squats

ROUND 3

15 Push-ups
30 Sit-ups
15 Squats

ROUND 4

20 Push-up
40 Sit-ups
20 Squats

ROUND 5

25 Push-ups
50 Sit-ups
25 Squats

ROUND 6

30 Push-ups
60 Sit-ups
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