

DAY 6

14/Over Dry Land Workout - March 2 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.

1 round

50 Sit-ups
30 T-Drills
20 Super Planks

2 rounds

30 Jumping Jax
20 Squats
10 Push-ups

3 rounds

5 Burpees
10 Hollow Rocks
20 Supermans

4 rounds

20 Shoulder taps
10 Skip jax
20 Skaters

10 minute warm-down

Check out the Piranha YouTube for new warm-downs.

Go Piranhas! #OneTeam

Henk