

DAY 6

14/Over Dry Land Workout - March 26, 2020

Check Piranha YouTube for exercise descriptions.

10 Minute warm-up

There are a few warm-ups posted on the Piranha YouTube channel

6 Minute AMRAP (as many rounds as possible.

10 High Knees

20 Butt Kick

30 Jumping Jax

40 Shuffle Steps (check the FB live workout for demo, linked on-line)

6 Minute AMRAP

30 Sit-ups

25 Free Kicks

20 Supermans

25 Leg Lifts

30 Russian Twists

6 Minute AMRAP

20 Side Plank Leg Lift (side plank, lift top leg 10x - 10 on each side)

10 Burpees

30 Skater Lunges

20 Squat Jumps

10 minute warm-down

Check out the Piranha YouTube for new warm-downs.

Go Piranhas! #OneTeam

Henk