

10 Minute warm-up

Add some shoulder and hip stability work into your warm-up today. Check out the Piranha YouTube Channel for the demo video

500 WORKOUT!!!

You can do multiples 25, 50 or 100. Meaning, you can do 25 of each 4 times, 50 of each 2 times or 100 of each once. **YOU MUST STICK TO THE NUMBER YOU START WITH.** You do 25 Thrusters, you must do 25 squats, sit-ups, and so on. No changing mid workout.

100 THRUSTERS

100 ALTERNATE REGULAR SQUATS AND SQUAT JUMPS

100 SIT-UPS

100 PUSH-UPS

100 FAN JACKS

10 minute warm-down

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Stay active, stay safe, stay healthy, take care,

Henk