

June 15, 2020

Most of the dry lands in this workout are feature on the Piranha YouTube Channel. Check is out if you don't know how to do an exercise.

10 Minute warm-up

Add hip and shoulder stability work. There is a YouTube video that demonstrates.

10-12 Minutes

2 rounds

50 Jumping Jax

40 Bird-Dog (20 each side)

30 Russia Twists

20 Supermans

10 Burpees

4 rounds

45 seconds Low Plank

10 Hollow Rocks

45 seconds High Plank

10 Toe Touches

45 seconds side plank (switch side next round)

1:00 minute rest

10 minute warm-down

Do some more hip and shoulder stability work. Get a long warm-down stretch in.

Keep up the great work!!

Stay safe, stay healthy, take care,

Henk