

## **12/Over Dry Land Workout – June 10, 2020**

Check Piranha YouTube for exercise descriptions.

### **10 Minute warm-up**

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

15 Minutes AMRAP

20 Fan Jax

10 Super Plans

20 Shoulder Taps

10 Hollow Rocks

20 Plank Jax

10 Burpees

20 Swimmers

10 Skip Jax

### **10 minute warm-down**

Check out the Piranha YouTube for new warm-downs.

Go Piranhas! #OneTeam

Henk