

14/Over Dry Land Workout – June 24, 2020

10 Minute warm-up

4 rounds

20 Super Planks – 10 Squat Jumps
20 Super Sit-ups – 10 Squat Jumps
20 Supermans – 10 Squat Jumps
10 Super Jax – 10 Squat Jumps
1 – minute rest

6 Minutes

30 Seconds Bicycles (as many reps as possible)
30 Seconds Low Plank hold
30 Seconds Bicycles (as many reps as possible)
30 Seconds High Plank hold
15 seconds rest

10 minute warm-down

Keep up the great work!!

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

Henk