

## **14/Over Dry Land Workout – May 4, 2020**

Check Piranha YouTube for exercise descriptions, warm-ups, and warm downs.

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

#### **TABATA (20 seconds of work FAST – 10 seconds rest)**

##### **8 Rounds total = 4 minutes**

Alternate Skip Jax & Fan Jax (one round Skip Jax, one round Fan Jax)

##### **8 Rounds total**

Alternate Hollow Rocks & Push-up

##### **8 Rounds total**

Alternate Squat Jumps & Thrusters

##### **8 Rounds total**

Alternate Skaters & Shoulder Taps

##### **8 Rounds total**

Alternate Burpees & Burpees

##### **7 Minutes AMRAP**

20 High knees

50 Free Kicks

50 Shuffle Steps

20 Plank Jax

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

Go Piranhas! #OneTeam,

Henk