

11/Under Dry Land Workout – May 29, 2020

Check the Piranha YouTube Channel for demos.

5 Minute warm-up

There are YouTube videos that demonstrate warm-ups.

3, 4 or 5 rounds – You get to choose

10 High Knees

20 Fan Jax

5 Burpees

20 Plank Jax

10 Supermans

1 round

10 Bird Dogs

10 T-drills

10 Elbows to knees standing

10 Squats

5 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