

PIRANHA DRY LANDS WOD

10 Minute Active Dynamic Warm-up

(see [Dry Land Demo Page](#) on-line)

If you can't do the numbers provided, you can translate those numbers into time, i.e. 30 seconds of Suitcases, etc.

30-50 Suitcases

8-10 push-ups

30-50 straight Leg Crunches

8-10 Push-ups

30-50 CF Sit-ups

8-10 Push-ups

30-50 Freestyle Kicks

8-10 Push-ups

30-50 Leg Lifts

8-10 Push-ups

30-50 Glute Bridges

8-10 Push-ups

30-50 Supermans

8-10 Push-ups

30-50 Scissor Kicks

8-10 Push-ups

30-50 Bicycle Kicks

8-10 Push-ups

30-50 Toe Touches

8-10 Push-ups

5 Minute Warm-Down