**Dryland 7/16/2020**

* **2 Times Thru** (:15 between exercises) (~10 minutes)

1:00 Jog in Place

10 Burpees (No Push-Up)

1:00 Kick on Back

10 Frog Jumps

1:00 Jumping Jacks/Seal Jacks by :30

1:00 rest

* **2 Times Thru** (:15 between exercises) (~15 minutes)

1:00 Bird Dog (switch every :15)

10 Swimmers

1:00 Dead Bug (switch every :15)

10 Superman holds

1:00 Bridge (:30 regular, :15 right leg up, :15 left leg up)

10 Split V-Ups, 5 V-Ups

1:00 Reverse Plank

10 Shoulder Shrugs

1:00 rest

* **4 x :30 On/ :10 Off** (1:00 rest between) (~10 Minutes)

1. Bunny Hops (2 Forward/ Back, 2 Side-to-side)
2. Up-Downs (6 Hi-Knee Steps, 6 Mountain Climbers)
3. Plank (Elbows, Hands, Right, Left)
4. Push-ups (Form-focused, :30 On/:30 Off)

* **World Record Trivia**