**Dryland 7/28/2020**

* **Stretches**
* **5 Minute Walk/Jog**
* **3 Times Thru**

3 x [Broad Jump](https://www.youtube.com/watch?v=c6Etg7bpFfI)

2 x Suicide Runs (5/10/20 Paces from Starting Point)

2-3:00 rest (walk around)

* **3 Times Thru** (:15 between exercises)

10 Dips

10 Push-Ups

:30 Bridge

20 Russian Twists

20 Mountain Climbers

:30 Bridge

Bird Dog (10 Touches, :15 Hold each side)

1:00 rest

* **Stretches**