**Dryland 7/30/2020**

* **Stretches**
* **3 Times Thru**

20 Upright Crunches

:30 Run in Place

:30 Mountain Climbers

:30 Burpees (with Push-Up)

:30 Kick on Back

20 Bicycles

1:00 rest

* **2 Times Thru**

10 Push-Ups

1:00 Plank on Elbows (:15 regular/1 leg up)

10 Superman

1:00 Plank on Hands (:15 regular/side)

10 Ab Swings

1:00 Kick on Back (:15 regular/streamline/regular/scissor)

10 Leg lifts

1:00 rest

* **4 x :30 on/:10 Off**
1. Jumping Jacks/Seal Jacks
2. Side Plank, Push-Up, Side Plank
3. Up-Downs (6 Hi-Knee, 6 Mountain Climbers)