**Dryland 6/18/2020**

* **30 Jumping Jacks**
* **3 Times Thru** (:30 between exercises) (~20 minutes)

1:00 Plank on Elbows

1:00 Plank on Elbows; :30 Right/:30 Left

1:00 Plank on Hands

1:00 Plank; Change from Hands to Elbows every :15

1:00 rest

* **3 Times Thru** (:15 between exercises) (~12 minutes)

10 Squat Jumps

15 Pushups

10 Lunge Jumps (Jump & Switch Legs)

20 Mountain Climbers

1:00 rest

* **2 Times Thru** (:15-20 between exercises) (~10 minutes)

1:00 Kick on Back

1:00 Kick on Back, Arms up straight

:30 Scissor Kick on Back

:30 Streamline Kick on Back

1:00 rest

* **N-Z Trivia**