

# Week 9

## PIRANHA HOME CHALLENGE

Finish the week, get a Piranha something, not sure but I will take care of you. Parents must sign-off. Activities can be made-up if you miss a day BUT YOU CANNOT SKIP AHEAD. Check the Piranha YouTube page, PiranhaSwimCT, for directions on how to perform warm-ups & exercises.

### Any Age!!

<b>CRAZY CORE!!</b>  <b>LIVE ON THE PIRANHA INSTA AND FB FEED @ 2:00p</b>	<b>JAX are WILD!</b>	You will need a deck of cards. 1st draw decides exercise, 2nd draw decides reps  <b>11-13's, 20 draws = 10 exercises, 10/U, 16 draws = 8 excercises</b>	<b>COIN FLIP GAME</b>  Flip coin 10 times. See list of exercise for heads and tails.  <b>LIVE ON THE PIRANHA INSTA AND FB FEED @ 2:00p</b>		<b>SUPER FRIDAY WORKOUT</b>
5 Minute Warm-up  30 on/15 off -----2 Rounds----- Low Plank Sit-ups High Plank Sit-ups Side Plank Left Sit-ups Side Plank Right Sit-ups  5 Minute Warm-Down  11	5 Minute Warm-up  -----2 Rounds----- 40 Jumping Jax 30 Plank Jax 20 Squat Jax 10 Skip Jax 5 Super Jax 1 Minute rest  5 Minute Warm-Down  12	5 Minute Warm-up  Ace - Push-ups 2 - Super Jax 3 - Side Plank Curls 4 - Hip Dips - both sides 5 - Push-up/T-drill combo 6 - Hydrants 7 - One Leg bicycles 8 - Squat Jumps 9 - Scissor Kicks 10 - Sprinter Crunches J - Side Plank Crunches Q - Super Planks K - Foot taps  5 Min. Warm Down  13	5 Minute WU  <b>HEADS</b> 1. 45 sec Russian twists 2. 8 Push-ups 3. 45 sec Jumping Jax 4. 20 London bridges 5. 20 Adv Side plank 6. 45 sec free kicks 7. 30 Bird Dogs 8. 45 sec foot taps 9. 10 Squat Jumps 10. 45 sec shoulder taps  5 Minute WD  14		<b>TAILS</b> 45 sec CF Sit-ups 16 knee push-ups 45 sec plank Zax 12 High knees 20 Sit-ups 12 Squat Jax 15 Cutsy Lunges 25 Bicycles 45 sec Glute Bridges 10 Thrusters  5 Minute Warm-up  -----2 Rounds----- 15 Super Planks 15 Super Sit-ups 10 Super Jax 15 Supermans 15 Super Toes Touches  5 Min. Warm Down  15
Make adjustments when you need.	Make adjustments when you need.	Make adjustments when you need.  10/Unders do not double.	Make adjustments when you need.		Make adjustments when you need.
10/Unders 20 on 15 off.	10/Unders Subtract 5-10 except Skip and Super	2-9 = double card Jack, Queen, King = 11 Ace = 12			