APRIL - Week 6

PIRANHA HOME CHALLENGE for 11-13 yr olds

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.

13/unders					
Object: knock over the bottle with the ball as many times as you can in 1 minute. 1) Put a little bit of water in the bottle. 2) Place bottle 6-7 ft away. 3) Roll ball, knock over bottle, you have 1 minute. 4) Each person goes. 5) Person who knocks the bottle over the most gets to give the other player a 15 rep or 20 second exercise. 5) Pay at least 8-10 rounds 20	2 - CF Sit-ups-2 x dice 3 - Plank taps 4 - Swimmers-2 x dice 5 - Plsnk Jax -2 x dice 6 - Supermans 7 - London Bridges 8 - Push-up - no double 9 - Shoulder Taps 10 - Fan Jax -2 x dice 11-Adv Side Plank - L&R 12 - Thrusters 5 Min. Warm Down	 Start a garden,I did!!. Paint or color a picture (Piranha picture would be awesome!) Buld with blocks Build wth Legos Create a video Try something you don't normally do as long as it's safe, like sing! Paint rocks with a psotive work or quoite, I would like to start a rock garden at the Y Anything fun and creative 	5 Minute Warm-up Ace - Push-ups 2 - Super Jax 4 - Side-side Lunges 5-Push-up/T-drill combo 6 - Hips Dips - both sides 7-Russian Twists 8 - Squat Jumps 9 - Knee Taps 10 - Bicycles J - Plank Side Crunches Q - Super Planks K - Foot taps 5 Min. Warm Dow 23	Object: knock over the bottle with the ball as many times as you can in 1 minute. 1) Put a little bit of water in the bottle. 2) Place bottle 6-7 ft away. 3) Roll ball, knock over bottle, you have 1 minute. 4) Each person goes. 5) Person who knocks the bottle over the most gets to give the other player a 15 rep or 20 second exercise. 5) Pay at least 8-10 rounds 24	OFF
	Above workout Live on Insta and FB @ 1:00p		Above workout Live on Insta and FB @ 2:15p		
	12-13 year olds with Jessica @ 3:00p via Zoom	Please take a picture of your awesome creation.	2-9 = double card Jack, Queen, King = 11 Ace = 12		