

# Week 7

## PIRANHA HOME CHALLENGE for 13/Unders

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

Jax are Wild!!	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>	Be Creative I am asking Piranhas to do something creative. and/or Family Game Night	You will need two dice - 1st roll decides exercise, 2nd roll decides reps - <b>11's, 20 rolls - 10 exercises, 10/U - 16 rolls for 8 excercises</b>	<b>Bottle Game</b> (kind of like bowling w/ 1 pin). You will need an empty plastic bottle (like Poland Spring), a ball, a timer and a partner.	SAT
5 Minute Warm-up 2 Rounds 20 Fan Jax 10 plank Jax 20 Jumping Jax ----- rest 1 minute ----- 2 Rounds 5 Super Jax 30 Jumping Jax 5 Skip Jax ----- rest 1 minute ----- 2 Rounds 10 Squat Jax 30 Jumping Jax ----- rest 1 minute ----- 5 Minute Warm-down 29	5 minute warm-up Ace - Push-ups 2 - Super Jax 3 - Side Plank Curls 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 30	It can be a card game, bingo, board game, video game, anything! Try and get your folks to have a family game night!!  28	5 Minute Warm-up 2 - Burpees 3 - Plank taps 4 - Swimmers-2 x dice 5 - Plank Jax 6 - Hydrants - L&R 7 - Suicases -2 x dice 8 - Heel Taps -2 x dice 9-Zombie Sit-ups -2 x dice 10 - Bird Dogs -2 x dice 11-Adv Side Plank - L&R 12 - London Bridges  5 Min. Warm Down 26	<b>Object:</b> 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  30	OFF          1
Make adjustments when you need. 10/Unders do not double.	Make adjustments when you need. 10/Unders do not double.		Make adjustments when you need. 10/Unders do not double.	Make adjustments when you need. 10/Unders do not double.	
Above workout Live on Insta and FB @ 1p	2-9 = double card Jack, Queen, King = 11 Ace = 12	Please take a picture of your awesome creation.	Above workout Live on Insta and FB @ 2p.		