

# Week 8

## 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

LIVE ON THE PIRANHA INSTA AND FB FEED @ 1:00p	<p><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.</p>	<p>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></p>	CRAZY CORE!!  LIVE ON THE PIRANHA INSTA AND FB FEED @ 2:00p	<p>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></p>	SAT
Tabata  4	<p><b>Object:</b> knock over the bottle with the ball as many times as you can in 1 minute.</p> <p>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</p> <p>5</p>	<p>5 Minute Warm-up</p> <p>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</p> <p>5 Min. Warm Dow</p> <p>6</p>	<p>5 Minute Warm-up</p> <p>30 on/15 off -----2 Rounds----- Low Plank Sit-ups High Plank Sit-ups Side Plank Left Sit-ups Side Plank Right Sit-ups</p> <p>5 Minute Warm-Down</p> <p>7</p>	<p>5 Minute Warm-up</p> <p>2 - Burpees 3 - Plank taps 4 - Swimmers-2 x dice 5 - Plank Jax 6 - Hydrants - L&amp;R 7 - Suicasas -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&amp;R 12 - London Bridges</p> <p>5 Min. Warm Down</p> <p>26</p>	OFF  9
	Check out the video demonstration	Make adjustments when you need. 10/Unders do not double.	Make adjustments when you need.	Make adjustments when you need.	
		2-9 = double card Jack, Queen, King = 11 Ace = 12	10/Unders 20 on 15 off.	10/Unders do not double.	