

PIRANHA HOME DRY LAND CHALLENGE **for 13/UNDERS**

Anyone who completes the two-week dry land challenge will receive a Piranha t-shirt!! Dry lands days can be made-up if you miss a day **BUT YOU CANNOT SKIP AHEAD**. Parents must sign off that you have done the work! Your parents need to know what you are doing before you do it!!

Check back every two weeks for more dry lands.

Check the Piranha YouTube page, PiranhaSwimCT (search Piranha Dryland Series), for directions on how to perform warm-ups & exercises.

MARCH

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
OFF 16	5 Minute Warm-up 10 Sit-ups 10 Shoulder taps 10 T-drills 10 Leg Lifts 45 second plank 2 rounds 5 Min. Warm Down 17	5 Minute Warm-up 20 Sit-ups 10 Super Planks 15 Skaters 20 Russian Twists 35 second plank 2 rounds 5 Min. Warm Down 17	5 Minute Warm-up 30 Sit-ups 5 Thrusters 10 Plank knee touch 20 Freestyle Kicks 25 second plank 2 rounds 5 Min. Warm Down 17	5 Minute Warm-up 40 Sit-ups 5 Burpees 10 T-drills 10 Supermans 15 second plank 2 rounds 5 Min. Warm Down 17	OFF 21	OFF 22
5 Min. Warm Down 23	5 Minute Warm-up 20 Jumping jax 15 Sit-ups 10 Yoga push-ups 40 Second plank 2 rounds 5 Min. Warm Down 23	5 Minute Warm-up 30 Jumping jax 10 Supermans 5 Burpees 30 Second plank 2 rounds 5 Min. Warm Down 23	5 Minute Warm-up 40 Jumping jax 10 T-drills 10 Leg Lifts 20 Second plank 2 rounds 5 Min. Warm Down 23	5 Minute Warm-up 50 Jumping jax 10 Supermans 20 Russian Twists 10 Second plank 2 rounds 5 Min. Warm Down 23	OFF 28	OFF 29

take as long as you need, take breaks as you need modify where necessary, only when necessary

Parent Signature: