

APRIL - Week 3

PIRANHA HOME DRY LAND CHALLENGE for 11-13 yr olds

Finish the week, get a Piranha Car magnet. Parents must sign-off. Dry lands days can be made-up if you miss a day BUT YOU CANNOT SKIP AHEAD. Check back every week for more dry lands.

Check the Piranha YouTube page, PiranhaSwimCT, for directions on how to perform warm-ups & exercises.

11-13 year olds

CARDIO-MANIA MONDAY	CORE-TASTIC TUESDAY	JAX ARE WILD WEDNESDAY	THUNDER LEGS THURSDAY	FIGHT'IN FOR FRIDAY	SUPER CHILL SATURDAY	SLEEPY SUNDAY
45 seconds work-15 seconds of rest 5 Minute Warm-up High knees, LOL Jumping Jax Butt Kicks Run in place Thrusters 1 Minute rest 4 rounds 5 Min. Warm Down 30	5 Minute Warm-up 25 Sit-ups 25 Free Kicks 20 Supermans 25 Leg Lifts 25 Russian Twists 1 Minute rest 3 rounds 5 Min. Warm Down 31	45 seconds work-15 seconds of rest 5 Minute Warm-up Jumping Jax Plank Jax-low High Plank Hold Fan Jax Skip Jax 1 Minute rest 4 rounds 5 Min. Warm Down 30	5 Minute Warm-up 20 Lunges-10 each side 10 Side Plank Leg Lift (5 each side) 10 Thrusters 20 Skater Lunges 10 Squat Jumps 1 Minute rest 4 rounds 5 Min. Warm Down 2	5 Minute Warm-up 20 Shoulder Taps 25 Sit-up 10 Push-ups 5 Burpees 20 Supermans 1 Minute Rest 3 Rounds 5 Min. Warm Down 3	OFF OFF	OFF OFF

10/Unders

30 secs on-15 ses rest 5 Minute Warm-up High knees, LOL Jumping Jax Butt Kicks Run in place Plank-low 1 Minute rest 3 rounds 5 Min. Warm Down 30	5 Minute Warm-up 15 Sit-ups 20 Free Kicks 15 Russian Twists 20 Leg Lifts 15 Sit-ups 1 Minute rest 2 rounds 5 Min. Warm Down 31	30 seconds on-15 seconds rest for each 5 Minute Warm-up Jumping Jax Plank Jax-high Fan Jax Skip Jax 1 Minute rest 3 rounds 5 Min. Warm Down 1	5 Minute Warm-up 10 Lunges-5 each side 10 Side Plank Leg Lift (5 each side) 15 Skater Lunges 10 Squat Jumps 1 Miunte rest 2 rounds 5 Min. Warm Down 2	5 Minute Warm-up 10 Shoulder Taps 20 Sit-up 5 Burpees 10 Supermans 10 Super Planks 1 Minute rest 2 rounds 5 Min. Warm Down 3	OFF OFF	OFF OFF
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