

# APRIL - Week 4

## PIRANHA HOME DRY LAND CHALLENGE for 13/Unders

Finish the week, get a Piranha something, not sure but I will take care of you. 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.

### 13/unders

You will need two dice - 1st roll decides exercise, 2nd roll decides reps <b>11-13's, 20 rolls = 10 exercises, 10/U, 16 rolls = 8 excercises</b>	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>	You will need two dice - 1st roll decides exercise, 2nd roll decides reps <b>11-13's, 20 rolls = 10 exercises, 10/U, 16 rolls = 8 excercises</b>	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>		You will need two dice - 1st roll decides exercise, 2nd roll decides reps <b>11-13's, 20 rolls = 10 exercises, 10/U, 16 rolls = 8 excercises</b>	SUN
5 Minute Warm-up 2 - Push-ups 3 - V-Ups 4 - Suitcases 5 - Zombie Sit-ups 6 - Plank taps 7 - Cutsey Lunges 8 - High Knees 9 - Fan Jax 10 - Bicycles-2xdice 11-Advance Side Planks 12 - Burpees 5 Min. Warm Down 6	5 Minute Warm-up Ace - Push-ups 2 - Butt kicks 4 - Side-side Lunges 5-Push-up/T-drill combo 6 - Shoulder Taps 7 - Sit-ups 8 - Squat Jumps 9 - Plank Jax 10 - Bicycles J - Leg Lifts Q - Super Planks K - Toe Touches 5 Min. Warm Down 7	5 Minute Warm-up 2 - Jumping Jax-2 x dice 3 - Plank taps 4 - Russian Twists 5 - Skip Jax 6 - Supermans 7-Shuffles Steps-2 x dice 8 - Super sit-ups 9 - Thrusters 10 - Bird-Dogs-2 x dice 11 - CF Sit-ups 12 - Back Lunges 5 Min. Warm Down 8	5 Minute Warm-up Ace - Push-ups 2 - Butt kicks 4 - Side-side Lunges 5-Push-up/T-drill combo 6 - Shoulder Taps 7 - Sit-ups 8 - Squat Jumps 9 - Plank Jax 10 - Bicycles J - Leg Lifts Q - Super Planks K - Toe Touches 5 Min. Warm Dow 9	Good Friday  Do some- thing kind for someone  10	5 Minute Warm-up 2 - Fan Jax-2 x dice 3 - Plank taps 4 - Suitcases 5 - Skip Jax 6 - Supermans 7-Shuffles Steps-2 x dice 8 - Super sit-ups 9 - Thrusters 10 - Burpees 11 - CF Sit-ups 12 - Curtsey Lunges 5 Min. Warm Down 11	Easter  OFF  12
	Jack, Queen, King = 11, Ace = 12 for 2-9 - double reps, if you draw a 3 you do 6		Jack, Queen, King = 11, Ace = 12 for 2-9 - double reps, if you draw a 3 you do 6			