

Over the EDGE: Week 1, Jan 5, 2010

Athlete _____

Athlete's
Initials

Parent's
Initials

- ____, _____ 3 sets of 15 arch ups
- ____, _____ 3 sets of 15 pushups, or 3 sets of 10 pushups with chin touching floor
- ____, _____ 1 minute straight jumps, or do 40 total calf raises on EDGE of stairs or any kind of step
- ____, _____ Hold you center split during TV or homework for 2 minutes
- ____, _____ Do a 10 seconds bridge

Over the EDGE: Week 2, Jan 12, 2010

Athlete _____

Athlete's
Initials

Parent's
Initials

- ____, _____ 3 sets of 25 Vups, or 3 sets of 10 hollow rocks
- ____, _____ 3 sets of 10 triangle pushups (on your knees is okay)
- ____, _____ 1 minute squat jumps
- ____, _____ Hold your pancake during TV or homework for 2 minutes
- ____, _____ Do a 10 seconds bridge

Over the EDGE: Week 3, Jan 19, 2010

Athlete _____

Athlete's
Initials

Parent's
Initials

- ____, _____ Max out with as many pushups as you can (chin must touch the floor to count and no stopping allowed. Write down the number here _____)
 - ____, _____ Do 2 sets of this... 10 v-ups, 10 in n outs, and then max out on crunches. Write the number of crunches here _____
 - ____, _____ Do 3 bridges for 30 seconds
 - ____, _____ Run in place with your knees high for 3 minutes without stopping.
 - ____, _____ Your choice of _____ sets of _____
- Example: 3 sets of 100 straight jumps

**These are also posted on gymcats.com. Click "gymnastics," Then click "tops boys"