

EDGE **Monday/Tuesday May 19th, 20th Class Activities**

- #1 3x of over/under beams and do 10 squat jumps after each lap
- #2 3 handstand holds on wall for (30 seconds or 45 seconds)
- #3 Press walks across floor there and back (2x)
- #4 3 sets of (10 or 15 or 20) handstand shoulder shrugs
- #5 3x of (5 tucked or piked leg lifts, 2 dips x 3)
(3 tucked or piked leg lifts, 1 dips x 3)
(3 tucked leg lifts, 5 dips w/ legs on bars x 3)
- #6 3 sets of 20 partner passes with foam block...or 3 sets of 15 partner pushes

Over the EDGE: *Week 3, May 19th/20th*

____,____ 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

remember that you can do "over the EDGE" before or after any gymnastics class as well as at home... initial and return this paper next week