

EDGE Tuesday May 27th Class Activities

- #1 3 sets of 5 regular dips...or...3 sets of 15 dips w/ heals on bars
- #2 3 sets of 8 triangle pushups...or...3 sets of 15 regular pushups
- #3 1.5 passes of hollow/arch rolls down floor
- #4 3 sets of 15 Vups...or...3 sets of 10 hollow rocks
- #5 3 sets of 5 double leg rollups with a jump
- #6 3 sets of 10 squat jumps onto block...or...3 passes of chasse mt climbers

Over the EDGE: Week 4, May 27th

____,____ 3 sets of 10 tricept dips off the EDGE of your bed

____,____ 3 sets of __ _____

____,____ 1 bridge held for 20 seconds

____,____ Stretch you pike 3 times for 15 seconds

____,____ Do 15 pushups when you wake up

******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******