

EDGE Monday/Tuesday June 9th/10th Class Activities

- #1 Over and Under (3x) on beams
- #2 Circuit Strength (3 times around, 30 seconds each)
- #3 3 sets of 8 chicken wings
- #4 3 sets of 15 hollow rocks
- #5 3 sets of 5 HS pushups
- #6 3 sets of 15 calf raises

Over the EDGE: Week 6, June 9th/10th

____,____ *Stretch you shoulders for 1 minute*

____,____ *Stretch your pike for 1 minute*

____,____ *3 sets of 10 squat jumps (big jumps, arms up)*

____,____ *3 sets of 8 pushups with you feet on EDGE of bed*

____,____ *3 sets of (15, 20, 25) situps... you choose 15, 20, or 25*

****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****

****Parents, don't forget to check out the EDGE website at gymcats.com . Go to "gymnastics" at the top, then "tops boys" on the left.*