

**EDGE** **Monday/Tuesday June 16<sup>th</sup>/17<sup>th</sup> Class Activities17**

- #1 10 jumping jack, up downs
- #2 stretch for 3 minutes
- #3 3 sets of 8 pullups
- #4 3 sets of 10 arch ups on horse
- #5 3 sets of 20 dips w/ heals on bars...or 3 sets of 15 w/ heals on bars
- #6 1 rope climb
- #7 3 sets of 15 hollow rocks

***Over the EDGE: Week7, June 16<sup>th</sup>/17<sup>th</sup>***

\_\_\_\_,\_\_\_\_ 3 sets of 25 situps

\_\_\_\_,\_\_\_\_ find a heavy book, hold it straight in front of you, arms straight, and lift it above your head  
10 times in a row

\_\_\_\_,\_\_\_\_ Stretch each split for 1 minute

\_\_\_\_,\_\_\_\_ Walk on toes for 5 minutes while getting ready in the morning

\_\_\_\_,\_\_\_\_ Do 20 pushups

\*\*\*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](http://gymcats.com) . Go to "gymnastics" at the top, then "tops boys" on the left.

\*\*\*Make sure boys are wearing their EDGE t-shirts for every EDGE class