

EDGE Monday/Tuesday June 30th/ July 1st Class Activities

- #1 1 suicide under 35 seconds (if not made, do one more under 40 seconds)
- #2 3 sets of 10 pullups w/ heels on block
- #3 3 sets of 15 dips w/ heels on bars
- #4 3 sets of 8 wide arm pushups...then 3 sets of 3 triangle pushups
- #5 3 sets of 8 leg lifts on bars
- #6 runs? If there's room
- #7 stretch

Over the EDGE: Week 9, June 30th/July 1st

- ____,____ *hold all 3 splits for 10 seconds hard, 3 times*
- ____,____ *3 sets of 10 Vups*
- ____,____ *3 sets of 15 arch rocks*
- ____,____ *Stretch you pike for 1 minute, 3 times during the week*
- ____,____ *Do 3 sets of 15 squat jumps*