

**Diamond Jets EDGE Conditioning**

**Due: Week of May 10, 2010**

**Week 1**

**Name:**

<b>What to Do</b>	<b>Completed</b>
15 handstand hold – see how long you can hold this for Write your longest time here _____	
Hold clear sit hold in straddle 3x for 30 sec – every time you touch your butt or feet do 5 “V” ups at the end of your time.	
Try 12 push ups in a row with something on your back - trying not to drop the object on your back. Don’t count the push up if your object falls off. (ex. Use a small pillow, etc...) Do this 3 times.	
Hollow rockers squeezing a sock in your feet. Do both on your back and your belly. Do 25 in a row 3 times	
Sit in a pike sit 5x for 30sec squeezing your legs so tight your heels come off the floor. Make sure you are sitting with good posture – back flat hands in your lap.	
Hold your splits for 1:30 on each leg – make sure you are square and both legs are really tight!!!!	