

Diamond Jets Tops homework
Week 10
Due: Week of July 12, 2010

Name:

What to do	Completed
Put your feet under something and do 3 sets of 30 sec sit ups. Only rest for 10 sec in between each set. (Make sure your tushy doesn't come off the floor as you try to sit up.)	
Somewhere safe do a handstand hold with your tummy against the wall (2x for 1 minute) and also do 15x of your best handstand hold without the wall. If you don't have a wall to use do 10 extra handstand holds.	
If you have a chin up bar do 3 sets of 6 in a row chin ups. If you don't – try 10x from headstand try to push up to handstand.	
Hold your clear sit in straddle for a total time of 1 minute.	
Do a chair sit against a wall 3x for 1 minute each. Put something on your lap (like a pillow or socks) and make sure it doesn't roll off. If it does stop time and start again.	
Hold your splits balancing with your arms up for a total of 1 minute – every time you drop your arms stop the time. Try and make sure your hips and shoulders are square. Do middle for 1 minute with your arms completely flat out– stop time if you move your arms. Do 10 kneeling back bends.	