

Diamond Jets Tops Homework
Week 11
Due: Week of July 19, 2010

Name:

| What to do | Completed |
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| Put your hands under something sturdy and lay on your back with your heaviest running shoes on - do 3 sets of 30 leg lifts pulling your legs all the way to your nose. (if you bend your knees it doesn't count) | |
| With your back against a wall do a total of 20 presses lightly touching your toes. Try to do as many as you can in a row. | |
| Practice 25 handstand holds | |
| With your feet up on a couch or a chair do 3 sets of 10 push ups touching your nose to the floor. Remember to try and keep the tightest body and move in one motion. | |
| Hold your bridge hold 3 times for 20 seconds. Remember to be pushing your armpits over your hands. | |
| With your front leg and your back leg on a pillow sit in splits for 2 minutes. (make sure your front heel is on the pillow and your back knee is up on the other pillow). For middle put each leg on each pillow and hold 2 minutes. | |