

Diamond Jets Tops Homework
 Week 12
 Due: Week of July 26, 2010

Name: _____

| What to do | Completed |
|--|-----------|
| 3 sets of 15 "V" ups as fast as you can. Make sure you touch your toes at the top of the "V". | |
| Outside – start from the same spot everytime and sprint for 8 sec. Do this 5x and see if you can beat how far you made it each time. | |
| 3 sets of 25 hollow rockers on your front and back. Make sure you keep you arms right next to your ears. | |
| Make 5 clear sit presses or 8 from stand coming back down to clear sit and 12 against the wall. Remember no jumping and arms straight. Circle which one you did!!!! | |
| From headstand push up into handstand 12x – if you can't do this safely do 3 sets of 15 push ups instead. Circle which one you did. | |
| Practice handstand holds 20x. Write your best time here _____. | |
| Sit in splits for 3 minutes each leg. Remember to keep your hips square. Also do 10 kneeling back bends keeping arms by ears. | |