

Diamond Jets A & B TOPS Homework

Week 13

Due: Week of August 2, 2010

Name:

Max Out

Listed below are the different conditioning items for the week. Do each one 2 times throughout the week writing your score or time in the space provided. You should try and improve your score each time you do the exercise! Good Luck, and try your best!!

1. "V" ups in 30 sec 1st score _____ 2nd score _____

2. Straddle clear sit hold 1st time _____ 2nd time _____

3. Pike clear sit hold 1st time _____ 2nd time _____

4. Push Ups in 30 sec 1st score _____ 2nd score _____

5. Handstand Hold
(do this 8x and write your best time out of 8)

1st time _____ sec 2nd time _____ sec

6. Plank hold
(on hands and feet stretched out in a hollow hold – arms covering your ears)

1st time _____ 2nd time _____

7. Releve hold
(with ankles together on the ball of your foot – hold with no wobbles – you can put your fingers on a wall to help your balance, but don't use it as support- as soon as you touch your heel on the floor your time is up)

1st time _____ 2nd time _____

8. Arch Hold 1st time _____ 2nd time _____

9. Hollow Hold 1st time _____ 2nd time _____

******Sit in your splits for 2 minutes each leg (all 3 ways) and do bridges 3 times for 15 seconds. ******

