

Diamond Jets Tops Homework
Week 14
Due: Week of August 9, 2010

Name: _____

What to do	Completed
15 timed handstands hold. Write your best time here_____. (Have mom or dad time you using a stop watch)	
3 sets of 15 “V” ups putting something in between your toes and picking it up with your hands when you reach the top of your “V”.	
3 sets of 10 elbow in push ups	
Keeping your bottom leg straight do 15 kicks as high as you can (front, side and back) Hold number 15 as high as you can with tight legs for 10 seconds.	
Make 7 clear presses from sit or 15 from stand trying to come back through to clear sit at the end. (remember NO JUMPING)	
Hold your splits for 2 minutes with your back leg up on a pillow or something a little of the floor. (make sure your knee is up on the pillow) Hold your middle splits sitting straight up with your knees to the ceiling and trying to get your legs on a flat line.	