

Diamond Jets Tops Homework
Due: Week of May 17, 2010
Week 2

NAME:

What to do	Completed
3 sets of 15 arch ups on your stomach – hold your last one for 15 seconds. Squeeze a pair of socks in between your arms and ears awhile you are doing these.	
With your running shoes on hold straddle clear sit for a total time of 30 sec. (make sure you stop time when your butt or feet touch the floor)	
With your running shoes on do 3 sets of 25 “V” ups as fast as you can	
3 sets of 15 froggy jumps – jumping as high as you can off the floor	
15 handstands holds with a really good shape – push tall in your shoulders and no spaces between your ears and shoulders.	
Hold splits with your arms up for 1 minute. Stop time every time your arms are not up. Hold middle splits on stomach with arms out straight. Do 10 kneeling backbends with arms by ears.	