

DJA and DJB TOPS Homework
Week 3
Due: Week of May 24, 2010

NAME:

What to do	Completed
3 sets of 25 calf raises. Hold your releve for 10 sec on number 25.	
3 sets of 25 hollow rockers on your tummy and on your back	
15 long jumps and 15 high jumps. (try to jump as far and high as you can)	
20 handstand holds in split position. If you find your balance try to bring your legs to a tight handstand.	
From handstand try to press down to clear sit 15 times. If you make it without touching your feet or butt and hold for 3 sec you can count it as 3.	
Hold each split for a set of commercials. At the end of each commercial try to bend your back knee straight up in the air and hold for 5 sec with your arms out.	