

Diamond Jets A and B Tops Homework
Week 5

Due: Week of June 7, 2010

NAME:

What to do	Completed
Tricep Dips (3 X 15) Using a chair (that won't tip over) place your hands on the edge of the front of the chair, with your legs straight out in front of you push up and down. (kind of like a backwards push up)	
Chair Sit (3 X 1min) Lean against a wall and slide down as if you are sitting in a chair. Remember to keep your feet close to the wall (legs should be at a 90 degree angle) and try and hold your arms straight out in front of you.	
Presses - From straddle stand press down to clear sit and hold for 5 sec and then try to press back up to your feet. Try this 10 times.	
Do 3 handstand holds having someone hold your toes for 30 sec and 15 handstand holds on your own.	
Flexibility - Hold split with your front leg on a pillow for 2 minutes. Do 10 shoulder taps every 30 seconds. Do middle with each of your legs on a pillow for 1 minute each.	