

Diamond Jets A and B Tops homework
Due: week of June 14, 2010
Week 6

Name:

What to do	Completed
<p>Relevés/Calf Raisers (3 X 30) if you have stairs in your house this is the perfect place to do these. If not just do them on the ground. Stand with your legs together and straight, your heels should be hanging off the stairs (or just stand on the ground) Slowly go up on your tippy-toes then all the way back down with out bending your knees. Keep your heels together the whole time. After each 10 hold on your toes (releve) for 10 seconds</p>	
<p>Hollow rockers front and back – do 3 sets of 25 hollow rockers on your tummy (superman) and on your back (remembering to always keep your lower back touching the floor). Put a pair of socks in your ears and hold them there while you do these.</p>	
<p>Arms - From headstand try to push up to handstand (safely) 10 times.</p>	
<p>Presses - Make 6 presses from clear sit or do 15 from standing. Try to always come back through to clear sit.</p>	
<p>Handstand hold - If you have a place in your house do 3 sets of 1 minute handstand hold with your tummy against the wall. If you can't do this in your house have someone hold you or do 15 tries as long as you can on your own.</p>	
<p>Flexibility – 2 minutes holding splits with hips and shoulders square (even if you are higher up) 2 minutes. Hold middle splits with arms out 2 minutes.</p>	