

**Diamond Jets A and B TOPS homework**

**Week 7**

**Due: Week of June 21, 2010**

NAME:

What to do	Completed
Go outside and do a total of 20 long jumps as far as you can possibly go.	
<b>Presses</b> –12 headstand toe taps and make 8 full presses or 15 attempts	
With your shoes on do 3 sets of 25 “V” ups as fast as you can with straight knees.	
With your feet up on a chair, hold a front support hollow hold 3x for 30 sec (push up position). Put a book on the bottom of your back and try to hold it without dropping it.	
15x handstand hold	
<b>Flexibility</b> - Hold each leg of your splits for a total of 6 commercials. Do 8 kneeling backbends squeezing a pair of socks in between your arms and ears.	