

Diamond Jets A & B TOPS Homework
Week 8
Due: Week of June 28, 2010

NAME:

What to do	Completed
Do 3 sets of 12 mountain climber jumps	
15 headstand press toe touches	
With your shoes on hold a total of 1 minute straddle clear sit hold and pike clear sit hold. Make sure you stop the time every time you touch the ground.	
Do 3 sets of 25 hollow rockers on your stomach and your back. Keeping arms by your ears.	
Come into the gym early or ask to stay late and do a total of 20 steps up the rope with color bands in between your knees and toes. If you can't do this do 5 sets of 15 push ups at home.	
Flexibility – Get in your splits and do a total of 30 shoulder taps. For middle - do a total of 20 push ups pushing your hips under when you push up. 10 backbend stand ups without moving your feet.	