

Diamond Jets Take Home Conditioning  
Week 9: Due Week of July 5, 2010

**MAX OUT**

Name: \_\_\_\_\_

The name of the game is Max Out. Listed below are the different conditioning items for the week. Do each one 2 times throughout the week writing your score or time in the space provided. You should try and improve your score each time you do the exercise! Good Luck, and try your best!!

1. "V" ups in 30 sec      1<sup>st</sup> score \_\_\_\_\_      2<sup>nd</sup> score \_\_\_\_\_
2. Straddle clear sit hold      1<sup>st</sup> time \_\_\_\_\_      2<sup>nd</sup> time \_\_\_\_\_
3. Pike clear sit hold      1<sup>st</sup> time \_\_\_\_\_      2<sup>nd</sup> time \_\_\_\_\_
4. Push Ups in 30 sec      1<sup>st</sup> score \_\_\_\_\_      2<sup>nd</sup> score \_\_\_\_\_
5. Handstand Hold      1<sup>st</sup> time \_\_\_\_\_ sec      2<sup>nd</sup> time \_\_\_\_\_ sec
6. Tricep Dips      1<sup>st</sup> score \_\_\_\_\_      2<sup>nd</sup> score \_\_\_\_\_
7. Chair Sit      1<sup>st</sup> time \_\_\_\_\_      2<sup>nd</sup> time \_\_\_\_\_
8. Arch Hold      1<sup>st</sup> time \_\_\_\_\_      2<sup>nd</sup> time \_\_\_\_\_
9. Hollow Hold      1<sup>st</sup> time \_\_\_\_\_      2<sup>nd</sup> time \_\_\_\_\_

**\*\*\*\*Sit in your splits for 2 minutes each leg (all 3 ways) and do bridges 3 times for 15 seconds. \*\*\*\***