

Diamond Jets TOPS homework conditioning
Week 4
Due: Week of May 31, 2010

Name:

What to do	Completed
Hold a hollow hold for 30 sec and then do 10 "V" ups as fast as you can and then hold hollow hold for another 30sec. Do this 3x.	
15 press toe taps in a headstand and then do 15 handstand holds	
15 att at clear sit press to handstand – write here how many you made	
3 sets of 30 arch ups with your arms by your ears	
15 kicks front and back as high as you can – hold your last one as high as you can for 10 sec. Remember to keep your bottom leg straight.	
Do your level 4 beam routine 5x on a line at home somewhere safe.	