

EDGE Homework week 1 Term 3

4-4:30pm week of Jan 6th

Completed

|   |                                |
|---|--------------------------------|
| <p><b>Cardio:</b> Dance to 5 of your favorite songs, in a row</p>   |                                |
| <p><b>Hip/leg Flexibility:</b> Stretch before doing any of the homework</p> <p>1.) Sit in straddle facing a wall and every 15 seconds scoot yourself closer to the wall and hold for 15 seconds for a total of 2 minutes. By the time you're done, you should be the closest to a full straddle then ever before!!!</p> <p>2.) Splits: hold right, left, and middle splits for 30 seconds with legs straight, and hips square, back foot in line with hips.</p>   |                                |
| <p><b>Back /shoulder flexibility:</b></p> <p>1. Rock back and forth in bridge 15 times, do three sets, each time pushing chest out further-trying to get your shoulders (armpits) in a straight line over your hands</p> <p>2. Go into a bridge and have mom or dad stand at your head and pull your chest toward their legs, stretching out shoulders. Hold for 30 seconds. Come down and rock and roll and repeat 3 more times, for a total of 4 times.</p> <p>3. Lay off bed, hands on floor or a hard surface, have mom or dad push elbows straight - stretching out shoulders and also have them push your arms closer to the bed and also have them pull your chest toward them while your hands stay on the floor, Hold for 30 seconds, come down and rock and roll and repeat 3 more times, for a total of 4 times.</p> |                                |
| <p><b>Sit Ups (4 x 30 seconds):</b> Lie on back with knees bent and feet on the ground. You can stick feet under a couch or have a partner hold your feet. Arms crossed on chest. Sit all the way up and touch elbows to knees and lie back down for 30 seconds. Have a parent, brother/sister, or friend count and if elbows don't touch knees that rep doesn't count. See how many full sit-ups (not crunches) you can do in 30 seconds and write each 30 seconds in the completed box. Try to beat the previous score. There should be 3 numbers in the completed box when turned in.</p>  | <p>1.<br/>2.<br/>3.<br/>4.</p> |
| <p><b>Push-ups:</b> 1. Regular push-ups with straight body, 20 total, bottom and belly are tight and in a line</p> <p>2. Hands on a block or thick phone book, shoulder length apart, 15 total</p> <p>3. Feet on a block or thick phone book, shoulder length apart, 15 total</p>   | <p>1.<br/>2.<br/>3.</p>        |
| <p><b>Candlestick Stand Ups (25 total):</b> Stand with both feet together. Squat and roll back into a candlestick (with feet up towards the ceiling and arms straight above head). Roll back up standing up without using hands and roll back into a candlestick. Try to keep feet together but its ok to let them separate. Just make sure not to use your hands, arms or knees to stand up.</p>   |                                |

Welcome to EDGE, if you are returning, great job keeping up the motivation to get stronger and more flexible. If you are new, get ready to get stronger and more limber while having some fun!

EDGE homework week 1 Term 3  
 4:30 -5 pm week of Jan 6th  
 Completed

|  |                        |
|--|------------------------|
| <b>Cardio:</b> Dance to 4 of your favorite songs in a row  |                        |
| <b>Flexibility:</b> Stretch before doing any of the homework<br>1.) Sit in straddle facing a wall and every 15 seconds scoot yourself closer to the wall and hold for 15 seconds for a total of 2 minutes. By the time you're done, you should be the closest to a full straddle then ever before!!!<br>2.) Splits: hold right, left, and middle splits for 30 seconds with legs straight, and hips square.  | 1.<br><br>2.           |
| <b>Back /shoulder flexibility:</b><br>1. Rock back and forth in bridge 15 times, do three sets, each time pushing chest out further-trying to get your shoulders (armpits) in a straight line over your hands<br>2. Go into a bridge and have mom or dad stand at your head and pull your chest toward their legs, stretching out shoulders. Hold for 30 seconds. Come down and rock and roll and repeat 3 more times, for a total of 4 times.<br>3. Lay off bed, hands on floor or a hard surface, have mom or dad push elbows straight - stretching out shoulders and also have them push your arms closer to the bed and also have them pull your chest toward them while your hands stay on the floor, Hold for 30 seconds, come down and rock and roll and repeat 3 more times, for a total of 4 times. |                        |
| <b>Sit Ups (3 x 30 seconds):</b> Lie on back with knees bent and feet on the ground. You can stick feet under a couch or have a partner hold your feet. Arms crossed on chest. Sit all the way up and touch elbows to knees and lie back down for 30 seconds. Have a parent, brother/sister, or friend count and if elbows don't touch knees that rep doesn't count. See how many full sit-ups (not crunches) you can do in 30 seconds and write each 30 seconds in the completed box. Try to beat the previous score. There should be 3 numbers in the completed box when turned in.  | 1.<br><br>2.<br><br>3. |
| <b>Push-ups:</b> 1. Regular push-ups with straight body, 10 of these total- make sure back stays straight, bottom and belly are tight and in a line  | 1.<br>2.<br>3.         |

|  |  |
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| 2. Hands on a block or thick phone book, shoulder length apart, 5 total<br>3. Feet on a block or thick phone book, shoulder length apart, 5 total  |  |
| <b>Candlestick Stand Ups</b> (15 total): Stand with both feet together. Squat and roll back into a candlestick (with feet up towards the ceiling and arms straight above head). Roll back up standing up without using hands and roll back into a candlestick. Try to keep feet together but its ok to let them separate. Just make sure not to use your hands, arms or knees to stand up. |  |

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