

NAME:  
 EDGE Homework week 10 July 7<sup>th</sup>  
 4-4:30pm  
 Completed

<b>Cardio:</b> Jump rope for 5 minutes	
<b>Hip/leg Flexibility: <i>Stretch before doing any of the homework</i></b> 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. 2.) Splits: hold right, left, and middle splits for 45 seconds with legs straight, and hips square, back foot in line with hips	1. 2.
<b>Back /shoulder flexibility:</b> 1. Rock back and forth in bridge 25 times, do three sets, each time pushing chest out further-trying to get your shoulders (armpits) in a straight line over your hands 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	1. 2.
<b>Dips (3 x 15):</b> Place hands on something sturdy (chairs or a step), feet shoulder width apart. With hands on the sturdy surface and fingers pointing to the ground with feet apart, bend knees so bottom lowers, keeping back straight and knees over feet and push back up to the start position. Knees should be bending at least 45 degrees pay attention so that you don't let your knees go pasted your toes.	
<b>Single Leg Candlestick Stand Ups (3 x 10 each leg):</b> Stand with both feet together. Squat and roll back into a candlestick (with feet up towards the ceiling). Roll back up standing on right leg only and roll back into a candlestick using only right leg. Continue rolling back into candlestick and standing on right leg. After finish 10 on right leg go to the left leg and repeat as did with the right leg.	
<b>Sit Ups (4 x 30 seconds):</b> Lie on back with knees bent and feet on the ground. Can stick feet under couch or have a partner hold 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 crunches can get done in 30 seconds and write each 30 seconds in the completed box. Try to beat scores each time. There should be 4 numbers in the completed box when turned in.	1. 2. 3. 4.
<b>Push-ups:</b> 1. Regular push-ups with straight body, 20 total 2. Hands on a block or thick phone book, shoulder length apart, 15 total 3. Feet on a block or thick phone book, shoulder length apart, 15 total	

NAME:  
 EDGE Homework week 10 July 7<sup>th</sup>  
 4:30 - 5pm  
 Completed

<b>Cardio:</b> Jump rope for 3 minutes	
<b>Hip/leg Flexibility: <i>Stretch before doing any of the homework</i></b> 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. 2.) Splits: hold right, left, and middle splits for 45 seconds with legs straight, and hips square, back foot in line with hips	1.  2.
<b>Back /shoulder flexibility:</b> 1. Rock back and forth in bridge 25 times, do three sets, each time pushing chest out further-trying to get your shoulders (armpits) in a straight line over your hands 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	1.  2.
<b>Dips (3 x 10):</b> Place hands on something sturdy (chairs or a step), feet shoulder width apart. With hands on the sturdy surface and fingers pointing to the ground with feet apart, bend knees so bottom lowers, keeping back straight and knees over feet and push back up to the start position. Knees should be bending at least 45 degrees pay attention so that you don't let your knees go pasted your toes.	
<b>Single Leg Candlestick Stand Ups (2 x 10 each leg):</b> Stand with both feet together. Squat and roll back into a candlestick (with feet up towards the ceiling). Roll back up standing on right leg only and roll back into a candlestick using only right leg. Continue rolling back into candlestick and standing on right leg. After finish 10 on right leg go to the left leg and repeat as did with the right leg.	
<b>Sit Ups (3 x 30 seconds):</b> Lie on back with knees bent and feet on the ground. Can stick feet under couch or have a partner hold 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 crunches can get done in 30 seconds and write each 30 seconds in the completed box. Try to beat scores each time. There should be 3 numbers in the completed box when turned in.	1. 2. 3.
<b>Push-ups:</b> 1. Regular push-ups with straight body, 10 total 2. Hands on a block or thick phone book, shoulder length apart, 10 total 3. Feet on a block or thick phone book, shoulder length apart, 10 total	1. 2. 3.