

NAME:  
 EDGE Homework week 11 July 14<sup>th</sup>  
 4-4:30pm  
 completed

<p><b>Cardio:</b> 25 of each jump: straddle, tuck, pike, straight and split (on each leg)</p>	
<p><b>Hip/leg Flexibility:</b> Stretch before doing any of the homework        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</p>	
<p><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.</p>	
<p><b>Super girl holds:</b> (5 x 30 sec.): Lie on stomach with arms and legs out straight. Lift arms and legs up at the same time and hold for 30 seconds, trying to keep arms and legs straight the whole time and squeeze legs together too.</p>	
<p><b>Hollow body holds:</b> (5 x 30 seconds hold): lie flat on back, arms straight above head, legs together. Lift arms up until your shoulder blades are off the floor and legs up no higher than 6 inches off the floor. Squeeze tight and breathe out as you hold.</p>	
<p><b>Lunges:</b> (3 x 10): Stand with both feet together. Step right foot in front and bend both legs so left knee almost touches the ground. Before knee touches the ground push back up to a stand and bring right leg back to left so legs are together. Step left foot and repeat bending both legs and standing back up. Right and left leg stepping forward and back is 1 rep.</p>	

NAME:  
 EDGE homework week 11 July 14<sup>th</sup>  
 4:30 -5 pm  
 completed

<p><b>Cardio:</b> 10 of each jump: straddle, tuck, pike, straight, and split (on each leg)</p>	
<p><b>Hip/leg Flexibility:</b> Stretch before doing any of the homework          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</p>	
<p><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.</p>	
<p><b>Super girl holds:</b> (3 x 30 sec.): Lie on stomach with arms and legs out straight. Lift arms and legs up at the same time and hold for 30 seconds, trying to keep arms and legs straight the whole time and squeeze legs together too.</p>	
<p><b>Hollow body holds:</b> (3 x 30 seconds hold): lie flat on back, arms straight above head, legs together. Lift arms up until your shoulder blades are off the floor and legs up no higher than 6 inches off the floor. Squeeze tight and breathe out as you hold.</p>	
<p><b>Lunges:</b> (2 x 10): Stand with both feet together. Step right foot in front and bend both legs so left knee almost touches the ground. Before knee touches the ground push back up to a stand and bring right leg back to left so legs are together. Step left foot and repeat bending both legs and standing back up. Right and left leg stepping forward and back is 1 rep.</p>	