

NAME:  
 EDGE Homework week 12 July 21<sup>st</sup>  
 4-4:30pm

Completed

<b>Cardio:</b> Dance to 5 songs in a row	
<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>Handstand Straddle downs</b> (3 x 15): Kick up into a handstand, trying to hold it for at least 2 seconds then straddle down and place feet on the floor at the same time. Try to slowly place your feet on the floor. It will be easier if you lean your shoulders over your hands a little. You can use a wall to help you, make sure your hands are not against the wall and do not arch against the wall; body should be straight.	
<b>Straddle taps:</b> (3 x 10): Sit in a straddle with your hands on the floor in between your legs. Keeping legs straight and hands flat in the middle, lift heels up and down off the ground. Try not to slam your heels on the ground on the way down. Use hips to control heels back to the ground and lightly touch the floor and lift heels back up. Try to do all 10 in a row without stopping in the middle.	
<b>Bicycle sit-ups:</b> (3 x 15): Lie on back with knees bent at 90 degrees, feet off the floor with hands behind head. Keep right leg bent and straighten left leg. While doing that turn and twist left elbow towards right knee and twist back. Then bend left knee up while straightening right leg and twist right elbow to left knee. Keep repeating until each elbow has touched each knee 15 times, that is one set.	

NAME:

EDGE Homework week 12 July 21<sup>st</sup>

4:30 - 5pm

Completed

<b>Cardio:</b> Dance to 3 songs in a row	
<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>Handstand Straddle downs</b> (2 x 12): Kick up into a handstand, trying to hold it for at least 2 seconds then straddle down and place feet on the floor at the same time. Try to slowly place your feet on the floor. It will be easier if you lean your shoulders over your hands a little. You can use a wall to help you, make sure your hands are not against the wall and do not arch against the wall; body should be straight.	
<b>Straddle taps:</b> (2 x 10): Sit in a straddle with your hands on the floor in between your legs. Keeping legs straight and hands flat in the middle, lift heels up and down off the ground. Try not to slam your heels on the ground on the way down. Use hips to control heels back to the ground and lightly touch the floor and lift heels back up. Try to do all 10 in a row without stopping in the middle.	
<b>Bicycle sit-ups:</b> (3 x 10): Lie on back with knees bent at 90 degrees, feet off the floor with hands behind head. Keep right leg bent and straighten left leg. While doing that turn and twist left elbow towards right knee and twist back. Then bend left knee up while straightening right leg and twist right elbow to left knee. Keep repeating until each elbow has touched each knee 10 times, that is one set.	