

NAME:  
 EDGE Homework week 13  
 4-4:30pm July 28<sup>th</sup>

Completed

<p><b>Cardio: Mountain climbers on hands:</b> (5minutes) Start in push-up position, bend right leg in so that the right foot is under stomach and the right knee is close to chest. Jump the right foot straight back and bend the left leg so that the left foot is under stomach and knee is close to chest at the same time. Repeat switching legs making sure that each knee comes up to the chest and each leg is being pushed straight back. Do not take a break until 2 1/2 minutes is up, if you need to take a break: see if you can do it without a break!!</p>	
<p><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</p>	<p>1. 2.</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>1. 2.</p>
<p><b>Single leg Squats:</b> (3 x 15): Stand on right or left leg with the other leg bent with toe on standing knee. Hold onto chair or wall and squat down on your standing leg as if you were going to sit in a chair. Stand back up and repeat. When finished with 15 switch legs and repeat.</p>	
<p><b>Single leg V-ups:</b> (3 x 10 each leg): Lie on back with legs straight and arms straight above your head. Sit up, keeping arms above your head, while lifting up your right leg. Touch fingers to toes on the right leg and then lay back down. Then sit up lifting only your left leg, touch fingers to toes on the left leg and then lay back down. The only bending should be at your waist, not legs and you should be touching your toes above our belly button, not close to the floor. While you are "V-ing" up, you are balancing on just your bottom.</p>	
<p><b>Burpies:</b> (3 x 10): Stand on both feet, hip width apart. Bend knees and hands touch the ground. Immediately jump all the way up into a straight jump. After straight jump, go into squat, hands on the ground and kick feet out into a push-up position and then do a push-up. After push-up jump feet back into a squat position and jump up into a straight jump. The cycle is 1. Do it 10 times for a set and do 3 sets.</p>	

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EDGE Homework week 13

4:30 - 5pm July 28<sup>th</sup>

Completed

<p><b>Cardio: : Mountain climbers on hands:</b> (3 minutes) Start in push-up position, bend right leg in so that the right foot is under stomach and the right knee is close to chest. Jump the right foot straight back and bend the left leg so that the left foot is under stomach and knee is close to chest at the same time. Repeat switching legs making sure that each knee comes up to the chest and each leg is being pushed straight back. Do not take a break until you are completely done.</p>	
<p><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</p>	1.  2.
<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>	1.  2.
<p><b>Single leg Squats:</b> (2 x 10): Stand on right or left leg with the other leg bent with toe on standing knee. Hold onto chair or wall and squat down on your standing leg as if you were going to sit in a chair. Stand back up and repeat. When finished with 10 switch legs and repeat.</p>	
<p><b>Single leg V-ups:</b> (2 x 10 each leg): Lie on back with legs straight and arms straight above your head. Sit up, keeping arms above your head, while lifting up your right leg. Touch fingers to toes on the right leg and then lay back down. Then sit up lifting only your left leg, touch fingers to toes on the left leg and then lay back down. The only bending should be at your waist, not legs and you should be touching your toes above our belly button, not close to the floor. While you are "V-ing" up, you are balancing on just your bottom.</p>	
<p><b>Burpies:</b> (2 x 10): Stand on both feet, hip width apart. Bend knees and hands touch the ground. Immediately jump all the way up into a straight jump. After straight jump, go into squat, hands on the ground and kick feet out into a push-up position and then do a push-up. After push-up jump feet back into a squat position and jump up into a straight jump. The cycle is 1. Do it 10 times for a set and do 2 sets.</p>	