

NAME:
 EDGE Homework week 15
 4-4:30pm August 11th
 Completed

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| <p>Cardio: Circuit 5 times: 10 high knees, 10 jumping jacks, 10 butt kickers, and 10 straight jumps. Repeat this 5 times.</p> | |
| <p>Hip/leg Flexibility: 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>Back /shoulder flexibility: 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>Toe raises: (4 x 30): Stand on a step or something raised off the floor, a couple of inches, with both feet together, hands on hips. Slowly raise your heels off the step and back down, this counts as one. Do not bounce as you rise up and down. Try to slow it down to 5 seconds to raise and 5 seconds to lower. Your heels should be going lower than the step.</p> | |
| <p>Frog jumps: (3 x 25): Squat down with knees apart feet turned outwards, hands on floor, then jump up in straight body reaching up.</p> | |
| <p>Squat jumps: (3 x 25): Squat down with knees and feet together then jump up in a straight body position reaching up.</p> | |
| <p>Rope Climbs (3 x as far as can climb): Anytime before class or after class, ask a coach if you can climb the rope. Tell them it is for your edge homework and if there are any problems they can talk to me ☺</p> | |

NAME:
 EDGE homework week 15
 4:30 -5 pm August 11th
 Completed

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| <p>Cardio: Circuit 3 times: 10 high knees, 10 jumping jacks, 10 butt kickers, and 10 straight jumps. Repeat this 3 times.</p> | |
| <p>Hip/leg Flexibility: 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>Back /shoulder flexibility: 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> | |
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| <p>Frog jumps: (3 x 15): Squat down with knees apart feet turned outwards, hands on floor, then jump up in straight body reaching up.</p> | |
| <p>Squat jumps: (3 x 15): Squat down with knees and feet together then jump up in a straight body position reaching up.</p> | |
| <p>Rope Climbs (2 x as far as can climb): Anytime before class or after class, ask a coach if you can climb the rope. Tell them it is for your edge homework and if there are any problems they can talk to me. ☺</p> | |