

EDGE Homework week 5 of Term 5
4-4:30pm June 2nd

Completed

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| Cardio : Circuit 5 times: 10 high knees, 10 jumping jacks, 10 butt kickers, and 10 straight jumps. Repeat this 5 times. | |
| 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 | |
| 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. | |
| Core squeezes: (5 x 30 seconds): Lay down as if going to do sit-ups, knees bent, arms down by sides. Lift you bottom off the floor, squeezing stomach and bottom really tight. Hold for 30 seconds, make sure you don't hold your breath. | |
| Deltoid Holds: (5 x 30): You can use a weight or gallon jug (milk carton with a handle works well). Stand feet shoulder width apart. Lift weight in both hands if heavy, otherwise one weight in each hand and hold out in front, arms straight, for 30 seconds. Use a timer or have someone else count for you. The more you do, the faster you may count, don't speed up counting. | |
| Biceps curls and triceps extensions: (3 x 25): Stand up feet shoulder width apart. Extend arm backward, bending at elbow. Hold a weight or full water bottle and extend elbow so that arm is straight and bend back to a 90-degree angle. Each extension and flexion is one rep. Squeeze and isolate each target group of muscles for best results. | |

Have fun at the Spring
Festival and

SMILE 😊

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4:30 -5 pm June 2nd

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| Deltoid: (4 x 15): You can use a weight or gallon jug (milk carton with a handle works well). Stand feet shoulder width apart. Lift weight in both hands (if heavy otherwise one weight in each hand) and hold out in front, arms straight, for 15 seconds. Use a timer or have someone else count for you. The more you do, the faster you may count, don't speed up counting. | |
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