

EDGE Homework week 6 Term 5
 4-4:30pm week of June 9th
 Completed

<p>Cardio: Dance to 6 of your favorite songs (or any 6 songs) in a row.</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>V-Ups: (3 x 20): lay on back, and sit up with arms straight above head and have legs meet your hands and then lay back down. The only part of your body that touches the floor when v-ing up is you bum. Make sure both your arms and legs go up at the same time!</p>	
<p>Bridges: Hold a bridge for 45 seconds with legs straight and together and chest pushing away from legs. Armpits should line up with your hands, hold for 30 seconds; come down and rock and roll. Then try to push your chest out further and hold for another 45 seconds.</p>	
<p>Rope Climbs (4 x as far as can climb): Anytime during class or after class, ask coach if can climb the rope. Tell them it is for your edge homework and if there are any problems they can talk to me.</p>	

