

EDGE Homework week 7
 June 17, 2010
 4-4:30pm

Completed

<p>Cardio: Run up and down the driveway 10 times. If you have a small driveway run up and down 15 times. Up and down is considered 1 time. If you don't have a driveway, run along side the street on a sidewalk, preferably with a parent to watch.</p>	
<p>Hip/leg Flexibility: <i>Stretch before doing any of the homework</i> 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>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>1. 2.</p>
<p>Leg Lifts (4 x 20): Lie on back on the ground with hands under bottom and feet straight out. Lift legs up towards the ceiling and then bring them back down to the floor trying not to let your heels touch the floor. Keep raising and lowering feet trying to keep them as straight and tight as possible. To make it more challenging keep something between your feet, like a piece of paper or a single sock.</p>	
<p>Arm Up, up, down, down: (3 sets of 15 reps): Find a step or something sturdy and get up into a push-up position with hands in front of step or sturdy surface. Lift right hand up onto the step then lift left hand up so both hands are on top of the step. Lift right hand down to the ground and then left hand so both hands are now on the ground in the starting position, make sure that your body is straight, no sagging bellies or bottoms up in the air. Up, up, down, down is 1 rep.</p>	
<p>Pike toe taps (3 x 25): Sit in a pike position with legs straight and toes pointed. Place hands on sides of legs right by knees, keeping hands there lift heels up and down off the floor about 6 inches. Keep legs together and toes pointed during motion.</p>	

Don't forget Flip Flop Shop this Sat. June 19th from 5:00 -6:30pm and Father's Day Parent's Night Out from 6:30-11:30pm!!!

EDGE Homework week 7 June 17, 2010

4:30 – 5pm

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