

NAME:

EDGE Homework week of June 16th	Completed
<p>Cardio: Do something for 10 minutes: jogging, riding your bike, roller blading, something fun that gets your heart pumping faster than normal.</p>	
<p>Hip/leg Flexibility: <i>Stretch before doing any of the homework</i></p> <p>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.</p> <p>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:</p> <p>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</p> <p>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>Rope Climbs (3 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>	
<p>Headstand hold: Hold a headstand against a wall, with your back to it. Try to have your head, shoulder blades, lower back, bottom and legs touching the wall. Make sure you are squeezing all muscles and pointing your toes. Hold three separate times and hold it as long as you can each time, and write down your times in the box to the right. Do the 3rd one without the wall.</p>	<p>1. 2. 3.</p>
<p>Clear sit holds (a total of 30 seconds in both pike and straddle): Keep hands flat on the floor at all times and try and squeeze legs straight when doing these. The goal is to balance on just your hands while sitting in a pike and a straddle, so that means your bottom, legs and heels all come off the floor at the same time. When doing these correctly you can experience some cramping, try to work through the pain and try to count slowly and evenly while doing this. Don't count fast because it hurts.</p>	

These are the things that you will be tested on along with other things that require a bar. The more you practice, the better you will do on the test, which will be next week during class. There

are fifty points difference between belt colors, so do your best with this homework. Please try not to miss class next week; it's one of the only two times we test!!