

EDGE Homework week 8 Term 5
 4-4:30pm Handed out June 16th
 Completed

<p>Cardio: Circuit 4 times: 10 lunges, 10 push-ups, 10 arch ups, and 10 candlestick straight jumps. Do everything in list, in the order given. After candlestick straight jumps, may rest and repeat list for a total of 4 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>Single Leg V-Ups (3 x 10 each leg): Lie on back with legs and arms straight. Do a v-up and only lift right leg. Go back down to starting position do another v-up and only lift left leg. Keep alternating legs during the v-ups. Count 10 on each leg or a total of 20.</p>	
<p>Straddle Taps (3 x 10): Sit on bottom in a straddle with hands in the middle. Keeping legs straight and hands in the middle lift heels up and down off the ground. Try not to slam heels on the ground on the way down. Use hips to control heels back to the ground and lightly touch the ground and lift heels back up. Try to do all 10 in a row without resting in the middle.</p>	
<p>Lunges: (3 x 10): Stand with both feet together. Step right foot in front and bend both legs so left knee almost touches the ground. Before knee touches the ground push back up to a stand and bring right leg back to left so legs are together. Step left foot and repeat bending both legs and standing back up. Right and left leg stepping forward and back is 1 rep.</p>	

