

EDGE Homework week 8
 June 24, 2010
 4-4:30pm

Completed

<p>Cardio: 10 tuck jumps, 10 straddle jumps, 10 pike jumps, 10 split jumps on each leg. Try and keep legs straight and toes pointed while jumping as high as you can. You need to stick each landing, don't just jump up and land and go as fast as you can, take your time, go slow and squeeze all your muscles so that you don't wobble or take a step when you land.</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>Dips (4 x 20): Place hands and feet up on something sturdy like 2 chairs so you bottom is off the floor. You may place a pillow or couch cushion underneath depending on how high off the floor you are. With hands on the chair and fingers pointing to the floor, lift feet up onto other chair, legs straight, bend elbows so that your bottom lowers and push back up to the start position. Elbows should be bending at least 90 degrees and make sure shoulders are in line with elbows.</p>	
<p>Side to side crunches: (3 x 30): Lay on back with knees bent and feet on the ground. Sit up in a crunch with shoulders off the floor and arms straight down next to legs. Reach right hand to right heel and bend over to the left so the left hand touches left heel. Continue to go back to the right and then to the left. Try to touch the heel with more than just your fingers and keep shoulders off the ground while in the crunch position the whole time. Touch each side 15 times total of 30 together, repeat 3 times.</p>	
<p>Lunges: (4 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>	

EDGE Homework week 8 June 24, 2010

4:30 – 5pm

Completed

<p>Cardio: 10 tuck jumps, 10 straddle jumps, 10 pike jumps, 10 split jumps on each leg. Try and keep legs straight and toes pointed while jumping as high as you can. You need to stick each landing, don't just jump up and land and go as fast as you can, take your time, go slow and squeeze all your muscles so that you don't wobble or take a step when you land.</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>Dips (3 x 15): Place hands and feet up on something sturdy like 2 chairs so you bottom is off the floor. You may place a pillow or couch cushion underneath depending on how high off the floor you are. With hands on the chair and fingers pointing to the floor, lift feet up onto other chair, legs straight, bend elbows so that your bottom lowers and push back up to the start position. Elbows should be bending at least 90 degrees and make sure shoulders are in line with elbows.</p>	
<p>Side to side crunches: (3 x 20): Lay on back with knees bent and feet on the ground. Sit up in a crunch with shoulders off the floor and arms straight down next to legs. Reach right hand to right heel and bend over to the left so the left hand touches left heel. Continue to go back to the right and then to the left. Try to touch the heel with more than just your fingers and keep shoulders off the ground while in the crunch position the whole time. Touch each side 10 times total of 20 together, repeat 3 times.</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>	