

EDGE Homework week 9  
 July 1st, 2010  
 4-4:30pm

Completed

<p><b>Cardio:</b> Do anything outside for 10 minutes: running, biking, roller blading, jumping rope, races with a friend...something that gets your heart pumping faster than normal. It should be fun so that you don't stop more than once.</p>	
<p><b>Hip/leg Flexibility: <i>Stretch before doing any of the homework</i></b>          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><b>Back /shoulder flexibility:</b>          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><b>Leg crosses:</b> (4 sets of 25 criss-cross): lie flat on your back, hands under bottom, legs straight out. Lift shoulders up until shoulder blades are off the floor and straight legs up no higher than 6 inches off the floor. Squeeze tight and breathe out as you hold, while you criss-cross your legs with toes pointed.</p>	
<p><b>Tuck ups:</b> (3 x 20): Sit on the ground with feet on floor and knees in a tuck position. Place a pair of socks in between your knees. Lift feet up off the floor, staying on your bottom without letting your back touch the floor. From the tuck, straighten legs out while balancing on your bottom. Repeat pulling legs into a tuck and back out straight. Do not use your hands to help you balance. Keep the sock in your knees the whole time. If the socks fall out, that repetition doesn't count, replace the socks and continue. It's not about going as fast as you can, it's about keeping your balance and keeping the sock in your knees.</p>	
<p><b>Clear sit holds</b> (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>	

EDGE Homework week 9  
 July 1st, 2010  
 4:30 – 5 pm

Completed

<p><b>Cardio:</b> Do anything outside for 7 minutes: running, biking, roller blading, jumping rope, races with a friend...something that gets your heart pumping faster than normal. It should be fun so that you don't stop more than once.</p>	
<p><b>Hip/leg Flexibility: <i>Stretch before doing any of the homework</i></b>          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>
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<p><b>Leg crosses:</b> (4 sets of 15 criss-cross): lie flat on your back, hands under bottom, legs straight out. Lift shoulders up until shoulder blades are off the floor and straight legs up no higher than 6 inches off the floor. Squeeze tight and breathe out as you hold, while you criss-cross your legs with toes pointed.</p>	
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