

EDGE Homework week 9 Term 5
 4-4:30pm Handed out June 23rd
 Completed

<p>Cardio: Make sure the floor is clear from debris. Then do 50 jumping jacks, 1 minute running in place, 30 bottom kicks, and 30 high knees tapping a partner's hands in the front. (Partner can be parents, brother/sister, friend, or anyone else).</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>Leg crosses: (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 our legs with toes pointed.</p>	
<p>Leg Lifts (4 x 20): Lie on back on the ground with hands under bottom and feet straight out. Lift feet up towards the ceiling and then bring them back down to the floor trying not to slam feet down. Keep raising and lowering feet trying to keep them as straight as possible.</p>	
<p>Tuck Ups (3 X 25) Start out balancing on your bottom in a tuck position. Slowly open your body to a hollow position without touching your legs or feet on the ground, then return to tuck. Don't grab your thighs with your hands; let your tummy do the work.</p>	

