

EDGE Homework week 2 Term 5
 4-4:30pm Handed out May 12th

Completed

<p>Cardio: Jump rope for 5 minutes or act as if you were</p>	
<p>Flexibility: Stretch before doing any of the homework</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. By the time you're done, you should be the closest to a full straddle then ever before!!!</p> <p>2.) Splits: hold right, left, and middle splits for 30 seconds with legs straight, and hips square.</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>1.</p> <p>2.</p> <p>1.</p> <p>2.</p>
<p>Dips (3 sets x 15): Place hands on something sturdy (chairs or back of couches work), feet shoulder width apart. With hands on the sturdy surface and fingers pointing to the ground with feet apart, bend knees so bottom lowers, keeping back straight and knees over feet and push back up to the start position. Knees should be bending at least 45 degrees pay attention so that you don't let your knees go pasted your toes.</p>	
<p>Single Leg Candlestick Stand Ups (3 sets x 10 each leg): Stand with both feet together. Squat and roll back into a candlestick (with feet up towards the ceiling). Roll back up standing on right leg only and roll back into a candlestick using only right leg. Continue rolling back into candlestick and standing on right leg. After finish 10 on right leg go to the left leg and repeat as did with the right leg.</p>	
<p>Straddle Holds (Hold for 60 seconds): Sit on bottom in a straddle with hands in between your legs; push up on your hands lifting up your feet and bottom off the ground. Try to hold it as long as you can and continue until you have reached 60 seconds.</p>	

