

EDGE Homework week 2 of Term 5
 4-4:30pm May 13
 Completed

<p>Cardio: Circuit 3 times: 10 tuck jumps, 10 straddle jumps, 10 froggy jumps, 10 skiers with arms, 10 squats, and 20 heel raises. Do everything in the list in the order given. After heel raises, may rest and repeat the list for a total of three times.</p>	
<p>Hip/leg 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, back foot in line with hips.</p>	<p>1.</p> <p>2.</p>
<p>Back /shoulder flexibility:</p> <p>1. Rock back and forth in bridge 15 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>3. Lay off bed, hands on floor or a hard surface, have mom or dad push elbows straight - stretching out shoulders and also have them push your arms closer to the bed and also have them pull your chest toward them while your hands stay on the floor, 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>3.</p>
<p>Plank holds: 1.) Straight-arm planks are the start of a push-up; straight, flat back, not sagging bellies or bottoms up high. Squeezing your tummy, back and bottom muscles to hold your body in a straight line, your hands should be right under your shoulders, arms straight. Hold for 30 seconds, three times total.</p> <p>2.) Bent arm plank is the same hold as the straight-arm hold, but you rest on your forearms and elbows, keeping body as tight as possible. Hold for 30 seconds, three times total.</p>	<p>1.</p> <p>2.</p>
<p>Leg Lifts (4 x 20): Lie on back on the ground with hands under bottom and feet straight out. Lift legs up towards the ceiling and then bring them back down to the floor trying not to let your heels touch the floor. Keep raising and lowering feet trying to keep them as</p>	

straight and tight as possible. To make it more challenging keep something between your feet, like a piece of paper or a single sock.	
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EDGE homework week 2 Term 5
 4:30 -5 pm May 13th
 completed

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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. By the time you're done, you should be the closest to a full straddle then ever before!!! 2.) Splits: hold right, left, and middle splits for 30 seconds with legs straight, and hips square, back foot in line with hips.	1. 2.
Back /shoulder flexibility: 1. Rock back and forth in bridge 10 times, do two 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 20 seconds. Come down and rock and roll and repeat 2 more times, for a total of 3 times. 3. Lay off bed, hands on floor or a hard surface, have mom or dad push elbows straight - stretching out shoulders and also have them push your arms closer to the bed and also have them pull your chest toward them while your hands stay on the floor, Hold for 20 seconds, come down and rock and roll and repeat 2 more	1. 2. 3.

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IN CLASS

***Plank holds on each side 30 seconds, legs together
plank holds on each side with top leg in air
plank hold, legs together with no hands

2. Plank holds-UP UP DOWN DOWN

3. Pike stretch against beam

Pike stretch on the beam

4. Hold leg above beam

5. Kicks over beams

6. Over splits on beam

7. Lay on back push leg to head

8. Scorpion stretch

9. Bridge rocks

10. Legs lift of floor

11. On horse: a.) back raises, B.)sit-ups, C.) leg raises

12. Plate walks

13. Straddle butt pushes

14. Straddle toe taps