

Tiger Team Homework
Week 1
Due Week of May 10, 2010

Name:

What to do	Completed
Splits (2 min each leg) Keep one hand on each side of your front leg!	
Headstands (10, holding as long as you can) remember to pike down and finish on you knees. Use you “triangle shape” with your head and hands to help keep your balance. Head=top, hands=base	
Handstands (10 on your own, and 2 X 30sec balancing against wall)	
Hollow or Open Tuck hold (5 X 30 sec) on your back with your legs and arms off the ground. Only your back should be touching the floor.	
Push Up Hold (5 X 30 sec) Hold a push up position for 30 sec.	

***We want to welcome back new and returning tigers to class!! We are excited about this term, and watching your progress. We have lots of fun, learning and hard work in store for you.*

*Each week you will be given a special homework assignment – this is not mandatory but if you have a chance to complete this it will only help you be a stronger more flexible athlete. If you ever loose this you can print them off the Gymcats website at www.gymcats.com click under team news and then edge girls. You will find all TIGER info, homework assignments, belt testing results and completed homework assignments on the website. ***