

**Tiger Team Homework**  
**Week 1**  
**Due: Week of May 9, 2011**

**Name:**

What to do	Completed
<b>Splits</b> (2 min each leg) Keep one hand on each side of your front leg!	
<b>Headstands</b> (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	
<b>Handstands</b> (10 on your own, and 2 X 30sec balancing against wall)	
<b>Hollow or Open Tuck hold</b> (5 X 30 sec) on your back with your legs and arms off the ground. Only your back should be touching the floor.	
<b>Push Up Hold</b> (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](http://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. \*\**

*Complete 5 tiger homework assignments and you get a free open gym!!!!*