

Tigers Homework week 11 handed out week of July 12

NAME:

Completed

<p><b>Single leg Squats:</b> (2 x 10): Stand on right or left leg with the other leg bent with toe on standing knee. Hold onto chair or wall and squat down on your standing leg as if you were going to sit in a chair. Stand back up and repeat. When finished with 10 switch legs and repeat.</p>	
<p><b>Single leg V-ups:</b> (2 x 10 each leg): Lie on back with legs straight and arms straight above your head. Sit up, keeping arms above your head, while lifting up your right leg. Touch fingers to toes on the right leg and then lay back down. Then sit up lifting only your left leg, touch fingers to toes on the left leg and then lay back down. The only bending should be at your waist, not legs and you should be touching your toes above our belly button, not close to the floor. While you are "V-ing" up, you are balancing on just your bottom.</p>	
<p><b>Burpies:</b> (2 x 10): Stand on both feet, hip width apart. Bend knees and hands touch the ground. Immediately jump all the way up into a straight jump. After straight jump, go into squat, hands on the ground and kick feet out into a push-up position and then do a push-up. After push-up jump feet back into a squat position and jump up into a straight jump. The cycle is 1. Do it 10 times for a set and do 2 sets.</p>	