

Tigers Homework week 12 handed out week of July 19th

NAME:

Completed

<p><b>Squats (3 x 5):</b> 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><b>Mountain climbers on hands:</b> (2 minutes) Start in push-up position, bend right leg in so that the right foot is under stomach and the right knee is close to chest. Jump the right foot straight back and bend the left leg so that the left foot is under stomach and knee is close to chest at the same time. Repeat switching legs making sure that each knee comes up to the chest and each leg is being pushed straight back. If you have to take a break try to wait until you have done it for 1 minute.</p>	
<p><b>Sit Ups (3 x 30 seconds):</b> Lie on back with knees bent and feet on the ground. Can stick feet under couch or have a partner hold feet. Arms crossed on chest. Sit all the way up and touch elbows to knees and lie back down for 30 seconds. Have a parent, brother/sister, or friend count and if elbows don't touch knees that rep doesn't count. See how many crunches can get done in 30 seconds and write each 30 seconds in the completed box. Try to beat scores each time. There should be 3 numbers in the completed box when turned in.</p>	<p>1. 2. 3.</p>