

Tiger Team Take Home Conditioning

Week 13

Due: Week of August 2, 2010

Name:

What to do	Completed
Splits (2 min each leg) Make sure you are staying “square” when working on your splits. This means your front leg should be facing straight up (knee towards ceiling... not turned to the side) and your back leg should be tucked under, (back knee touching the floor). Try and keep your back straight and your arms reaching back towards your back leg.	
Straddle V-Ups (5 X 15) Lying on your back with your legs straight up in the air, straddle your legs to about 90 degrees. Sit up reaching thru your legs with straight arms.	
Releve’s (5 X 15) These work the best if you have something like a step to stand on. Only your toes should be on the step with your heels hanging off the back. Your going to rise up and down on your toes (should feel it in your calves) Really concentrate on keeping your legs straight and your feet and heels together. It’s really easy to get in the habit of separating your heels when you rise up.	
Hold Push Up Position (3 X 30 sec) Try on focus on keeping your good shape and your shoulders over your wrists.	
Open Tuck or Hollow Hold (5 X 15 sec) Hollow hold is a bit harder than the open tuck position but both work your tummy muscles. Maybe try a couple of each, but if hollow is difficult and you can’t maintain a good shape, try the open tuck.	