

Tigers homework week 13 handed out July 26th

NAME :

Completed

Heel presses: (3 sets) Start on hands and knees, shoulders width apart. Lift right leg up, knee bent at 90-degree angle, foot flexed, bottom of foot faces ceiling. Raise your leg up about 6 inches up and down for 10 reps. Switch to left leg and repeat. Both legs count as 1 set.	
Core squeezes: (4 x 30 seconds): Lay down as if going to do sit-ups, knees bent, arms down by sides. Lift you bottom off the floor, squeezing stomach and bottom really tight. Hold for 30 seconds but don't hold your breath.	
Straight leg swings: (3 x 15 each leg) Stand straight, feet apart, swing right leg in front of left leg and swing out as high as you can. Leg should be straight, knee towards ceiling and toes pointed. Bring leg back down and cross in front of left leg and repeat. Switch to left leg. Alternate right and left leg sets of 15. Don't do 45 on one leg at once.	
Deltoid: (4 x 15 sec.): You can use a weight or gallon jug (milk carton with a handle works well). Stand feet shoulder width apart. Lift weight in both hands (if heavy otherwise one weight in each hand) and hold out in front, arms straight, for 15 seconds. Use a timer or have someone else count for you. The more you do, the faster you may count, so don't count faster.	