

Tigers Homework week 15 handed out August 9th

NAME:

Completed

<p>Dips (3 x 15): 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>Headstand toe taps (2x10): If you can balance your headstand without any help, that is great...if not, put your back against a wall for balance. Start with your hands and head on the floor, feet apart in a straddle. Straddle up your legs into a straight body headstand and hold for 5 seconds then straddle your legs down slowly, tap the floor with your toes and pull legs back up. Do not jump!! Each time your legs go up and down is one rep.</p>	
<p>Chair sits: (5 x 30 seconds): lean against a wall, slowly slide down until your knees and feet are at a 90 degree angle. Your stomach should be squeezed tight, arm up, not resting on anything or any part of your body</p>	