

NAME:

Tlgers Homework week 2 Term 5

Handed out week of May 9th

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>Sit Ups (6 x 30 seconds): 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 6 numbers in the completed box when turned in.</p>	
<p>Single Leg Candlestick Stand Ups (3 x 10 each leg): Stand with both feet together. Squat and roll back into a candlestick (with feet up towards the ceiling). Roll back up standing on right leg only and roll back into a candlestick using only right leg. Continue rolling back into candlestick and standing on right leg. After finish 10 on right leg go to the left leg and repeat as did with the right leg.</p>	