

Tiger Team Homework
Week 2
Due: Week of May 17, 2010
“Stretching”

Name:

What to do	Completed
Splits (2 min each leg)	
Bridge Hold (5 X 10 sec) Really concentrate on keeping your arms straight, head off the ground and pushing your shoulders over your wrists	
Pike stretch (5 X 20 sec) Sitting on the ground in a pike position reach forward as far as you can. Try and get your tummy flat against your legs while keeping your knees straight. A grown up can gently push you down on your lower back.	
Seal rockers (3 X 10) Lie on your tummy and reach back and grab your ankles. Lift up as high as you can and rock up and down	
Standing pike stretch (3 X 10) Start in a squat position with your hands flat on the ground and knees and feet together. Push your knees straight while trying to keep your hands flat on the ground, hold each one at the top for 3 seconds.	