

NAME:

Tigers Homework week 3 Term 5
Handed out week ok May 16th
Completed

<p>Super girl holds: (5 x 30 sec.): Lie on stomach with arms and legs out straight. Lift arms and legs up at the same time and hold for 20 seconds, trying to keep arms and legs straight the whole time and squeeze legs together too.</p>	
<p>Hollow body holds: (10 x 15 seconds hold): lie flat on back, arms straight above head, legs together. Lift arms up until your shoulder blades are off the floor and legs up no higher than 6 inches off the floor. Squeeze tight and breathe out as you hold.</p>	
<p>V-Ups: (3 x 20): Lay on back and sit up with arms straight above head and have legs meet your hands while you are sitting. Fingers should touch your toes to make a "V". then lay back down to floor. The only part of your body that touches the floor when v-ing up is your bottom. Make sure arms and legs both go up at the same time.</p>	
<p>Lunges: (4 x 10): Stand with both feet together. Step right foot in front and bend both legs so left knee almost touches the ground. Before knee touches the ground push back up to a stand and bring right leg back to left so legs are together. Step left foot and repeat bending both legs and standing back up. Right and left leg stepping forward and back is 1 rep.</p>	