

Tiger Team Homework
Week 3
Due Week of May 24, 2010

NAME:

What to do	Completed
Plank Hold (4 X 20 sec) This is a push up position done on your elbows. Keep your shoulders over your elbows and back and hips flat.	
Candlestick hold (4 X 20 sec) This should be done with your hands under something heavy like the couch or you can hang on to a grown up's ankles. Arms should stay straight as well as legs. Lift your body straight up so toes point to ceiling; the only thing that is on the ground is your upper back and shoulders. Try and keep your toes directly above your hips, don't let your legs lean over your head, you are in the wrong position now!	
Push Up's (4 X 8) with really good form!!! Try doing these with something on your back like a pillow from the couch. This will help you keep a good shape.	
Clear Sit Hold (3 X 10 sec each way-straddle and pike) Sit on the floor in either shape (straddle or pike) hands push down flat on the floor so legs and tush come off the floor.	
Bridges (4 X 10 sec) Try and keep feet flat and together. Knees/legs straight and together. Arms should be straight with shoulders pushing over wrists.	

****Spring Fest June 5****

Don't forget FREE OPEN GYM for the month of May if you are signed up for SPRING FEST!!!