

**Tiger Team Homework**  
**Week 4**  
**Due Week of May 31, 2010**

**Name:**

What to Do	Completed
<b>Push up walk (2 X each direction)</b> Balance something on your back like a small pillow or stuffed animal. Walk in a circle both clockwise and counter clock wise. Feet should stay in the same spot. Try putting your feet on a paper plate which will allow them to circle around. If the pillow falls off start again from the beginning.	
<b>Cardio (total of 10 minutes) Ride your bike, jump rope, pay soccer, take the do for a run, etc...</b> Write what you did here:_____.	
<b>Tuck Ups (3 X 25)</b> Start out balancing on your tushy in a tuck position. Slowly open your body to a hollow position with out touching your legs or feet on the ground, then return to tuck. <b>Don't</b> grab your thigh's with your hands, let your tummy do the work	
<b>Leg Raisers (3 X 15 each leg)</b> Stand against a wall with your heel almost touching the wall. Lift one leg up and down as high as you can, after the 15 <sup>th</sup> hold your leg up for 5 sec. The leg you are standing on should stay straight and foot facing forward	
<b>Splits (2 min each leg)</b>	