

Tiger Team Homework
Week 5
Due: Week of June 7, 2010

Name: _____

What to Do	Completed
Handstand hold (3 X 30 sec) Do these with tummy facing wall. Each time anything besides your toes touch the wall, do 3 sit up's when you are finished. Write how many sit up's you had to do: _____.	
Clear sit hold (total of 45 sec each way; straddle and pike) Sit on the floor in either position. Hands press flat on the floor with straight arms while you lift your legs and tush off the floor. Write how many times it took you to reach 45 sec. Straddle _____ times Pike _____ times.	
Dips (3 X 10) Place hands on the edge of a sturdy chair or a step (something elevated) body is stretched out in front with legs straight and weight balancing only on feet and hands. Slowly lower up and down in a push up motion. Do not let you hips move, they should stay flat!	
Bridges (2 X 5 each way <u>or</u> hold 3 X 15 sec. circle what you do) Do bridges from your knees, standing and also tick tocks (kicking back and forth) or if this is too difficult just do a regular hold for the amount of time listed above.	
Splits (2 min each leg) I try and remind the girls each week that once they get their splits all the way down, they don't hurt anymore. I understand that they don't like doing splits and they do hurt when trying to get them down. Flexibility is very important in gymnastics so be sure we are really working our splits when it is listed on our homework or any other time we are working them. ☺	

Spring festival is this weekend! Good luck to all of our competitors!!!