

NAME:

TIGERS Homework week 5 Term 5

Handed out week of May 30<sup>th</sup>

Completed

<b>Cardio</b> : Circuit 5 times: 10 high knees, 10 jumping jacks, 10 butt kickers, and 10 straight jumps. Repeat this 5 times.	
<b>Sit Ups (4 x 30 seconds)</b> : Lie on back with knees bent and feet on the ground. You can stick feet under a couch or have a partner hold your feet. Arms crossed on chest. Sit all the way up and touch elbows to knees and lie back down for 30 seconds. Have a parent, brother/sister, or friend count and if elbows don't touch knees that rep doesn't count. See how many full sit-ups (not crunches) you can do in 30 seconds and write each 30 seconds in the completed box. Try to beat the previous score. There should be 4 numbers in the completed box when turned in.	1. 2. 3. 4.
<b>Push-ups</b> : 1. Regular push-ups with straight body, 20 total, bottom and belly are tight and in a line 2. Hands on a block or thick phone book, shoulder length apart, 15 total 3. Feet on a block or thick phone book, shoulder length apart, 15 total	1. 2. 3.
<b>Candlestick Stand Ups (25 total)</b> : Stand with both feet together. Squat and roll back into a candlestick (with feet up towards the ceiling and arms straight above head). Roll back up standing up without using hands and roll back into a candlestick. Try to keep feet together but its ok to let them separate. Just make sure not to use your hands, arms or knees to stand up.	

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