

NAME:

Tigers Homework week 6 Term 5
Handed out week of June 6th

Completed

<p>V-Ups: (3 x 20): lay on back, and sit up with arms straight above head and have legs meet your hands and then lay back down. The only part of your body that touches the floor when v-ing up is your bum. Make sure both your arms and legs go up at the same time!</p>	
<p>Bridges: 1.) Hold a bridge for 30 seconds with legs straight and together and chest pushing away from legs. Armpits should line up with your hands. Then try to push your chest out further and hold for another 30 seconds. 2.) Go up in your bridge and rock back and forth in the bridge 15 times, do three sets, each time pushing chest out further-trying to get your shoulders (armpits) in a straight line over your hands. If you can already get your shoulders in line with your hands, then see how far past your hands they can go.</p>	
<p>Rope Climbs (3 x as far as can climb): Anytime during class or after class, ask coach if can climb the rope. Tell them it is for your tigers homework and if there are any problems they can talk to me.</p>	