

Tiger Team Homework
Week 6
Due Week of June 14, 2010

Name:

What to Do	Completed
Leg Lifts (3 X 25) Laying on your back, place your hands under something heavy like the couch. Pinch something between your feet like a pair of socks. Lift your legs up and down bringing your knees towards your nose while keeping your legs straight. To make these a bit more difficult, try wearing a pair of tennis shoes or ankle weights.	
Froggy Jumps (3 X 15) Start by squatting down feet apart, knees out and hands touch floor then jump up stretched out reaching for the sky. REPEAT	
Tuck or Candlestick roll to straight jump (total of 25 times) Start on the floor, roll back in a tuck position or you can roll back to candlestick shape (advanced) with your arms by your ears. Immediately roll to a standing position and jump up. When you land your jump, squat down and do either roll again right away. REPEAT	
Arch Hold (4 X 20 sec) Laying on your stomach just like superwoman... keep your arms stretched out straight in front and make sure your heels stay together! When you lift up the only thing on the ground is your tummy.	
Hollow Hold (4 X 20 sec) Start off in an open tuck position and slowly lower to a hollow position. Keep your arms straight on the side of your legs. Only your tush/lower back should be touching the floor.	

Belt testing next week during regular class hours!!!