

NAME:

TIGERS Homework week 9 Term 5

Handed out week of June 27th

Completed

<p>Sit Ups (4 x 30 seconds): 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 3 numbers in the completed box when turned in.</p>	<p>1. 2. 3. 4.</p>
<p>Push-ups: 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</p>	<p>1. 2. 3.</p>
<p>Candlestick Stand Ups (25 total): 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.</p>	