

Summer Workout Plan

This workout plan will help you prepare for our season. It is very important for cheerleaders to be conditioned appropriately to avoid injury and maintain their stamina. This plan should be implemented and used at least 3-4 times a week.

By the first day of practice you should be able to:

- Run a big boy in 8 minutes or less
- 40 sit-ups in under a minute
- 20 push-ups continuously and correctly (no bent knees)
- 1 minute wall-sits

In ability to complete these tasks will result in further conditioning after practice until they are met. Be prepared to stay after practice to improve upon your conditioning!

Below are highly suggested to help you meet the goals of first day practice conditioning goals.

Cardio –for stamina in holding breath for cheers, tumbling and stunting

- Jump rope
 - 5 minutes continuously
- Power walk a big boy
 - 10 minutes or anywhere at a heart rate of 160-180 for 30 minutes
- Sprint/walk/jog at intervals
 - 30 second sprint, 1 minute walk, 45 second jog, repeating sequence 5 times

Legs- to lift in stunting, tumbling and jumps

- Lunges (knee almost touching floor, front knee parallel with ankle, abs tight)
 - 30 each leg
- Burpees (look up technique online please!)
 - 30 reps
- Wall sits
 - 1 minute, 5 times

Arms-to support in stunting, propel body in tumbling and hitting strong motions

- Shoulder taps (push –up position, not moving body, touch opposite hand to opposite shoulder)
 - 30 seconds, 5 times
- Push-ups (bent knee or regular)
 - Regular-20
 - Bent knee-40
- Hand stands against the wall (push-up if able)
 - 10 seconds, 5 times -- 5 push-ups

Abs-to protect your back in stunting, tumbling, and jumping

- Planks
 - 30 seconds, 5 times
- V-seats /ups (look up technique)
 - 20 times
- Bicycles (make sure leg is fully extended, no higher than 6 inches off the floor)
 - 30 count, 3 times