



CHEER WORK-OUT

AIM of EXERCISING (1) conditioning (2) strength (3) flexibility (4) Joint range of motion

Warm up - walk or light jog for 5 minutes

Stretch - <http://m.youtube.com/watch?v=qZTGgEWPbLk> - 12 Minute Splits Stretch Flexibility For Beginners

Standing squats - On a flat surface with your feet shoulder width apart and toes forward, stand tall with posture in a neutral, aligned position. Bending at the knees sit back into the squat. Your knees should be in line with or behind the toes. Lower your hips as far as you can lower without pain or compromising your position. Press back up through the heels, keeping toes in contact with the floor. It is important to keep the chest up throughout the exercise.

Crunches - 25 Crunches, 25 Side Crunches (each side) and 25 cross-over crunches, 25 reverse crunches

Lunges

Push ups

Snap Ups (or v-ups) - Start by lying down on the floor with her arms and legs straight. On cue "snap" up into a sitting position with your legs in the toe touch position (your arms go through your legs). This serves to strengthen the core (this will help in stunting) and it also serves in teaching proper positioning and timing for the toe touch.

Standing Snap Ups (or T kicks) – These will serve to strengthen legs and help with proper form. The cheerleader should stand with her arms in a "T" position. Working one leg at a time, on cue, she should "snap" her leg quickly to her outstretched hand (your **POINTED** toes should be behind your hand).

Core crawls - put your hands on the floor without bending your knees, feet shoulder width apart, walk your hands all the way out to a push up position, do a push up then walk your arms back to the starting position without bending your knees.

Straddle leg lifts (do right leg, then left leg, then both together)

Straight Jumps – Using the cheer prep for jumps – as you jump hold your arms in a "T" position with legs together and toes pointed. This will serve to strengthen calf muscles and will also help a cheerleader get a sense of how the arms are used for higher cheerleading jumps. Try to jump higher each time. Remember to hold your "T" as stiff as you can.

Wrist Curls - Lay arm and elbow on a table with wrist hanging over the edge, palm facing up. With light weights (you can use large soup cans if you do not have small dumb bells – 2 or 3 lbs) curl wrist up. Return to starting position and repeat. Change hands. Extended: Assume same position as above except palm is facing down. This time start with wrist bent and extend downward. Return to starting position and repeat. Change hands

Finish with a 15 minute jog/walk, then 5 minute stretch

**“YOU DON’T HAVE TO BE GREAT TO START...
BUT YOU DO HAVE TO START TO BE GREAT”**