

St. Mary's Cheer Team

Conditioning Routine

To be done only after being sufficiently warmed up!

Leg explosions	3 sets of 5
Push ups	3 sets of 5 each
Fingers forward	
Fingers in	
Fingers out	
Pike	
Plank	3 sets of 30 second holds
Side Plank raises	3 sets of 5 on each side
Runners	3 sets of 10
Sitting Toe Touches	3 sets of 5 each
Straddle lifts	3 sets of 5 second hold on each leg

Once you have the moves mastered and good form is consistent, you can go up in reps! Remember, it takes time and consistency to get stronger so keep up the hard work!!