

Stretching/Warm up

*Cardio- (5 laps, 3 sets of bleachers, 3 sets of lines, fight song 3 times, spirit dance 3 times, cheerobics etc.)

- Stretch up
- Over to the right
- Right leg lunge
- Straighten front leg
- Up downs
- Right leg Split
- Over to the left
- Left leg lunge
- Straighten front leg
- Left leg split
- Butterfly
- Ballerina to the right
- Straddle to the right
- Ballerina to the left
- Straddle to the left
- Middle straddle stretch
- Middle splits
- Pike (flex and hold/point)
- Heel stretch right
- Heel stretch left
- Cover girl
- Switch
- Right arm across
- Back
- Left arm across
- Back
- Wrist stretches
- Ankle rolls
- Calve stretch
- Back bends
- Alternating leg kicks
- Crunches (30-3 ups, 50-side to side, 25 bicycle)
- 20 push ups (2 groups of 10 if needed)



Other: Hand stands against wall (3x30 sec.)

Stations: wall sits, flyer stretches/drills, hand weights, jump roping, calve raises, balance discs, lunges, lines, bleachers, hand stands, etc.