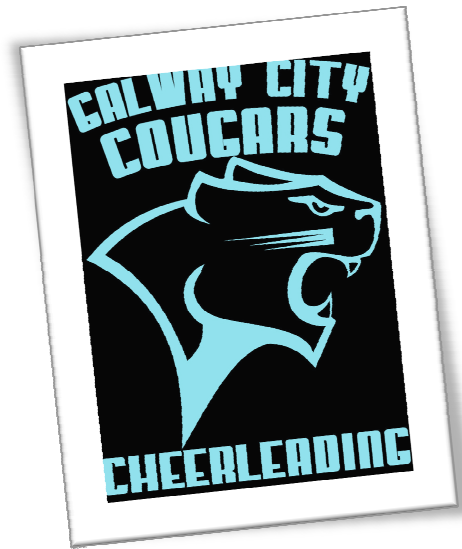


*Renmore Galway City Cougars Cheerleader's Workout*

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**MONDAY**

**CHEST AND BACK**

Warmup

**30 jumping jacks and 30 high knees**

**10 Push Ups**

**10 Bottle Flys** (One knee on the ground the other bent with foot flat on the ground, lean on the bent leg and raise water bottles straight up as far as your back and down again)

**10 Bottle Shrugs** (stand up straight with a water bottle in each hand. Shrug your shoulders up to your ears and back down)

**TUESDAY**

**FLEXIBILITY**

Warmup

**10 Burpees and 30 Heel Kicks** (kick your bum with your heels)

**Upper body:**

1. Arm Circles
2. Arm across chest
3. Right arm up, left on hip and bend to the side/ change
  - Turn and point
  - Both hands on the ground
  - Into the center, hands flat
  - Turn hands around and walk through
  - Other side

**Lower body:**

Straddle reach forward

Hold at feet and pull down

One foot in front, bend the other leg and reach nose to knee

Both feet in front, nose to knees

Butterfly, nose to toes

**Splits:**

1. Front knee bend, push hips down
2. Front leg straight, nose to knee
3. Back to 1, push hips down
4. Back leg straight, front knee bent

5. keep hands on the ground, both legs straight, standing

6. Slide down as far as you can

Repeat on other side.

### WEDNESDAY

#### CORE

Warmup

**3 minutes of Skipping or jumping on a trampoline**

**10 Dish Rocks**

**10 Arch Rocks**

**10 Sit Ups**

**10 Roll Up Jump Ups**

### THURSDAY

#### DAY OFF

### FRIDAY

#### LEGS AND ANKLES

Warmup

**10 Burpees and 30 Jumping Jacks**

**10 Straight Jumps**

**10 Herkies**

**10 Tuck Jumps**

**10 Straddle Jumps**

**5 Straddle Lifts on each leg then 5 with both together** ( Sit in straddle, left hand in between your legs and right hand behind your right leg. Lift the leg between your hands with straight knee and pointed toe. For both legs at the same time, put hands in the middle)

**5 Pike Lifts on each leg then 5 with both together** (Sit in pike, both hands on either side of your knees. Lift leg with pointed toes and straight knee. Use your hands for balance.

**10 Toe Raises** (Stand on a step with feet together, raise up onto your toes, then dip your heels down past the step. Keep your toes in the same place the whole time.)

### SATURDAY

#### FLEXIBILITY

Same as Tuesday

### SUNDAY

#### TRAINING