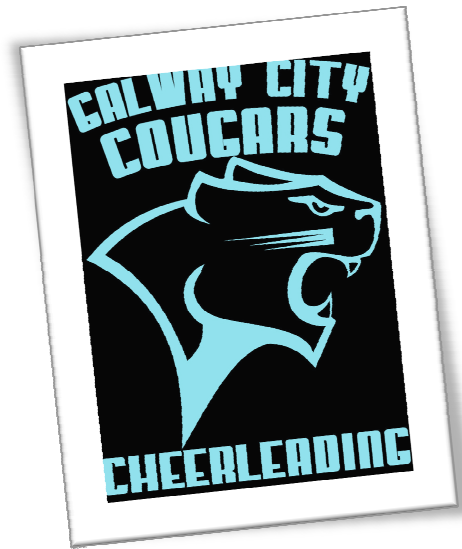


Tully Galway City Cougars Cheerleader's Workout



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

TRAINING

THURSDAY

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

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

DAY OFF