

Cheer Workout Plan

GENERAL OVERVIEW: This plan is a sport specific conditioning plan designed for the female competitive cheerleader. The purpose is to allow for proper training and fitness levels necessary to perform the routines while aiding in the prevention of common injuries associated with cheerleading. All workouts should be preceded by a light warm-up and stretch.

OBJECTIVE: The primary objective is on physical and psychological "rejuvenation" with an emphasis on general conditioning. Athletes will focus on increasing their strength and stamina through cardio and weight training work outs. Strength training will focus on the major muscle groups used in stunting, jumping, and tumbling. Flexibility exercises will be added as a final component.

GOALS:

1. Maintain Cardio & Core Muscle Fitness by exercising at least 2-3 times per week.
2. Rehabilitate existing injuries or weaker injury prone areas.
4. Maintain Flexibility for jumps and flying by stretching EVERY DAY.

WEIGHT OR RESISTANCE MODIFICATIONS: An athlete who is used to these activities may find the moves are not intense enough without some form of resistance. In that case it is recommended the athlete use light to medium weights as long as they can still finish the repetitions required. Weights should be increased gradually (every 2-3 weeks).

OPTION: If you do not have weights at home you could pick some up at Wal-Mart, Target, Dicks, etc. or get creative and look around your house for weighted objects (canned food, etc.)!

WORK OUT PLAN:

Each of the following should be done daily

(* floor stretches can be done while watching TV, reading a book, etc *)

Activity	Repetitions	Sets
Heel Stretch Drills	Hold 1 minute	2x
Arabesque Drills	5 squats	2x
Scorpion Stretches	Hold 1 minute	2x
* Pike Position Stretches *	Hold 1 minute	2x
* Toe Touch Stretch *	Hold 1 minute	2x
* Bent knee straddle forward *	Hold 1 minute	2x

Each of the following should be done at least 2-3X per week.

Activity	Repetitions	Sets
Cardio: ex. Jog, Run, Elliptical, etc.	20 minutes	1x
Arm Circles (forward and back)	100 each way	1x
Walking Lunges	20 steps	2x
Bicep Curls	10	2x
Squats	20	2x
2 nd Position Squats	20	2x
Calf Raises	20	2x
Superman Hold	Hold 10 sec/pulse 10x	10x
Wall Sits	1 minute	2x
Crunches	10	3x
Push Ups	20	3x
Handstand Hold (against wall)	1 minute	2x
V-ups	10 seconds	3x

Cheerleading Conditioning Plan

Anita Banks



Cheerleading Conditioning Plan:

The Ultimate Guide to Cheerleading Leslie M. Wilson, 2003 Perfect for both coaches and squad members from junior high to college level this is a comprehensive development guide for skill appropriate and safe instruction on all aspects of cheerleading Photos **Cheer Tryouts and Training** Anita Banks, 2024-07-30 Cheerleading is a competitive activity and cheerleaders often need to try out before earning a place on a team This can be nerve wracking but with the right preparation it can be a fun experience Training can be hard too but the end result of a perfect routine is worth it This title introduces readers to the world of cheerleading It walks prospective cheerleaders through finding a squad participating in tryouts training with a team and training independently The title features informative sidebars exciting photos a glossary and an index Aligned to Common Core Standards and correlated to state standards SportsZone is an imprint of Abdo Publishing a division of ABDO *Complete Cheerleading* Justin Carrier, Donna McKay, 2005-10-31 In the past decade cheerleading has lit up the sidelines and become an activity all its own Attendance at summer camps has grown to more than 500 000 participants annually and tens of thousands train for regional and national competitions each year with championships and even college scholarships on the line As cheerleading continues to grow so too does the need for a source of information that covers the range of skills stunts and moves Complete Cheerleading provides all the information participants need in order to excel in this highly athletic and increasingly competitive activity Top cheerleading coaches and judges lend their expert instruction on such crucial topics as body position and movement voice control jumps and tumbling stunt technique and choreography There are chapters dedicated solely to games and pep rallies camps and competition and practices and conditioning in addition to XX stunts for all levels of cheer squads Teaming Justin Carrier National Cheerleading Association NCA director of curriculum and Donna McKay cheer coach in Iowa and national judge this book combines success at the national level long term coaching expertise at the high school level and judging experience at every level Complete Cheerleading is the all in one authoritative source that cheerleaders coaches and advisors will turn to from one spirited season to the next **Coaching Youth Cheerleading** American Sport Education Program, 2009 A comprehensive guide to coaching youth cheerleading that covers communication rules equipment safety teaching and shaping skills cheers sidelines dances partner stunts pyramids jumps tumbling preparing for the season and game day *Coaching Cheerleading Successfully* Linda Rae Chappell, 1997 The definitive how to guide for cheer coaches sponsors and parents this book covers both support and competitive cheering It explains cheer techniques and tactics as well as how to plan and develop cheerleading programs And all skills and stunts follow the National Federation of State High School Association s safety guidelines 100 illustrations *The Complete Strength Training Workout Program for Cheerleading* Joseph Correa (Professional Athlete and Coach), 2015-11-12 The Complete Strength Training Workout Program for Cheerleading Add more flexibility power speed and stamina through strength training and proper nutrition This training workout program will

change how you look and how you feel If you follow the program you should see great results fast Both a NORMAL and an INTENSE version of this training program are included to make sure you are challenged enough to make a significant change to your body The recipes included are specific to each time of the day but you can and should add a meal here and there depending on what your body needs This training program comes with a warm session and exercise routine so make sure you don't skip the first to stay injury free to be able to complete the program Additionally this training program solves the eating dilemma by giving many options in terms of nutrition It comes with delicious breakfast lunch dinner and dessert recipes so you can satisfy hunger and still eat healthy An entire chapter in this book is dedicated to muscle shake recipes to help you fully absorb as much protein as possible in a healthy way but make sure to drink plenty of water to help your body digest all this protein adequately Anyone can get fitter leaner and stronger it just takes discipline and a great training program to get you exercising and eating right People who begin this training plan will see the following Increased muscle growth Enhanced strength mobility and muscle reaction Better capacity to train for long periods of time Lower muscle fatigue Faster recovery times after competing or training Increased energy throughout the day More confidence in yourself A better attitude towards exercise and nutrition

Leading Smart Education Haijun Zeng,Ying Hu,Jianjiang Hao,Zhuo Zhang,2025-02-15 This book focuses on best practices in smart education in Chinese schools It showcases the achievements of Chinese schools in smart education since the comprehensive implementation of the educational digital transformation in China These selected case studies explore smart education practices from various perspectives such as innovative practices in teaching and learning the construction and application of digital platforms resources and tools smart educational and teaching evaluation and the construction of smart campuses It enriches understanding of the current status of smart education in Chinese schools and is a useful reference for researchers teachers policymakers and school administrators across the globe

Winning Workouts for Competitive Cheerleaders Alton Skinner,2012-04-01 This book is your essential guide to training for competitive cheerleaders Immediately make improvements in your strength power and conditioning so you can dominate your competition You will learn how to become incredibly strong and explosive resulting in improved stunting and tumbling by training the real world strength required for competitive cheerleading without long boring workouts The exercises can be easily plugged into your current practices and you can get started immediately You might think you have to spend a ton of time in the gym Actually you can cut down your training time with the highly effective exercises in this program You will be able to get in get out and see results Here's a sample of what's inside How to increase jump height by 16.2% Why one warm up mistake maybe reducing your jumping power by 19% for over 90 minutes Create the ability to jump 50% quicker Imagine higher faster toe touches and flips Develop aggressive speed and unrelenting explosiveness with one simple training method and take your stunts to an entirely different level How to reduce the five most common cheerleading injuries stay pain free and ready to perform Learn the most dangerous time of practice and how to avoid this danger zone Save time and your

athletes Boost competitive spirit and drive with one simple to implement training method Over 100 pictures and demos of the exact way to perform the drills to enhance your effectiveness Accurately track your progress with workout sheets Six 12 Week Training programs with the exact sets reps and rest to maximize your performance Take the guess work out of your workouts Learn the best time to condition for cheerleading Save time and boost endurance with this one change to practice And much more So Who Am I and Why Should Listen to Me My name is Alton Skinner and I am a strength coach and a performance nutritionist for over 20 years Why should you listen to me I have trained elite athletes from virtually every sport I have provided training and equipment for Fortune 500 companies multiple NCAA national championship programs tri athletes and ultra runners But the main reason you should listen to me is that I am a cheer dad and former high school coach I know what it s like to try to fit everything that goes into developing a cheerleader to their full potential while balancing the needs of the program team and family on a tight schedule and budget I have seen the haphazard thrown together practices I have been scared nearly to death watching my child fall I have iced the bruise and comforted the tears of pain and disappointment from injury and losing However I have also seen the excitement of mastering a new tumbling pass the joy of hitting that perfect stunt perfectly for the first and I have seen the tears of joy of winning a competition I believe every coach every parent and every athlete should have access to the best tools and information to help them reach their goals faster and safer I have watched thousands of hours of competition and practices ranging from young cheerleaders just learning to the Kentucky Wildcats winning programs I have analyzed them from a sports science and artistic view in an attempt to find the best methods perform better faster I have read and seen most of the products available for increasing the strength flexibility and endurance of cheerleaders and to be honest most of them are just terrible They either don t work or if they do the program is either too long and or too complicated to be consistently followed in the real world I created this system to help you hit the ground running and make the quickest safest and most explosive improvements you and your team have ever experienced There is no fluff just a straight to the point easy to follow program that any cheerleader coach or parent can use I know I use some form of this of this program with my own daughter nearly everyday *The Ultimate Cheerleaders Fitness and Nutrition Program* Chad McKinley, 2017-03-30 This is a one year long Conditioning program designed to take Cheerleaders to a new level of fitness diet and training This program is also designed to take the average Cheerleader or squad from a fitness level of a 5 or 6 to a new level of a 9 or 10 The level that wins Championships The best few dollars a Cheerleader Coach or Parent can spend Eliminate starvation diets archaic crippling exercise routines and injuries Almost immediately Here is everything you will need to know to keep you extremely busy for a year Our Level 1 program Level 1 FOUNDATION TRAINING Adjustment and learning of your body and what exercises truly are your good and bad ones What foods work and which ones don t Training of your eating and sleeping habits for maximum performance We take you literally to The next level whether training for fun performance or career In my Vegas Gyms I call this Basic Training and is required

of all my trainees from Pro Fighter to beginner housewife It usually takes between 7 to 12 months to complete Applying Foundation information from level 1 and Cheer skills into a focused training program that streamlines you into a well balanced Cheer machine Cheerleaders will be training for their first competition in this level as an example Our level 2 programs are designed to take someone to the Pro Phase *The Unstoppable Cheerleader* Joseph Correa (Professional Athlete and Coach),2016-01-24 The Unstoppable Cheerleader The Workout Program That Uses Cross Fit Training and Proper Nutrition to Improve Your Cheerleading Potential This book will help you develop faster and stronger muscles in a short period of time Three different intensity levels are provided in the form of calendars NORMAL ALTERNATE NORMAL and LIGHT Each one has a varied difficulty level so that you can start with one plan and then decide if it s too hard or too easy and move to one of the other versions of this cross fit training program This book will help you to have Accelerated muscle growth Enhanced strength mobility and muscle reaction Increased capacity to train for long periods of time Faster increase of lean muscle mass Reduced muscle fatigue Quicker recovery times after competing or training More energy throughout the day More confidence in yourself and what you are trying to achieve A better attitude towards exercise and nutrition This cross fit program includes several meal plans in the form of recipes specific to each meal of the day but you can adapt them to your particular situation They are all high in protein and easy to prepare so that you can see fast results in the least amount of time This training program comes with a warm up routine and exercise program Make sure you complete the warm up exercises to prevent injuries and be able to continue the training program without interruptions ACSM's Introduction to Exercise Science Jeff Poteiger,2023-04-23 Presenting an engaging up to date overview of exercise science and its related fields ACSM s Introduction to Exercise Science 4th Edition guides students to success throughout their courses and delivers a robust exploration of potential careers for today s exercise science professionals This full color resource combines a succinct accessible approach with the proven expertise of the American College of Sports Medicine the leading authority in exercise science and sports medicine to establish a practical understanding of how human movement assists individuals in their pursuit of good health appropriate levels of physical activity and exercise and successful sport and athletic performance Each chapter illustrates the importance and practical relevance of key topics and provides an insider s view of the profession through fascinating interviews and online video profiles and field trips Updated to meet the needs of today s emerging professionals this 4th Edition incorporates new resources that emphasize application and help students make a confident transition to practice **Cheerleading and the Law** Herb Appenzeller,Frederick O. Mueller,Elizabeth Hadley Appenzeller,2008 The emergence of sport risk management which includes the popular activity of cheerleading is timely and important in reducing injuries and subsequent lawsuits A risk management plan for cheerleading is needed to meet the unprecedented growth of the sport to reduce the number of injuries and subsequent lawsuits that often follow serious injuries The purpose of *Cheerleading and the Law* is to provide important guidelines in developing risk management

plans with risk management strategies to create a safe environment for cheerleaders on every level The need for such a book is evident and the authors hope to fill a void that exists today in the ever growing activity of cheerleading Without question this book should be required reading for every athletic and school administrator every cheer coach every gym owner every event producer every parent of a cheerleader and every company in the spirit industry Cheerleading and the Law may well be one of the most important books written for the spirit industry Gwen Holtsclaw Cheer Ltd Inc President CEO With some of the stunts that cheerleaders are doing today this book is really needed There are far too many accidents and serious injuries inflicted upon cheerleaders Ron Wellman Wake Forest University Athletic Director This book should be available for all coaches and administrators responsible for cheerleading John Foley IAA Magazine Action Cheerleading Barbara Egbert,1984 Contains 50 cheers and chants conditioning and tryout tips jumps and mounts and dance and tumbling routines

The Official Cheerleader's Handbook Randy Neil,Elaine Hart,1986-06-27 From Simon Schuster The Official Cheerleader s Handbook is Rand Neil and Elaine Hart s look at the 1986 information and instruction on all things cheerleading With a detailed history of cheerleading and the role of cheerleaders in school life and a discussion of the basic principles for understanding sports The Official Cheerleader s Handbook is a book worth shouting about Playing to Win Robert Alan Brookey,Thomas P. Oates,2015-01-12 In this era of big media franchises sports branding has crossed platforms so that the sport its television broadcast and its replication in an electronic game are packaged and promoted as part of the same fan experience Editors Robert Alan Brookey and Thomas P Oates trace this development back to the unexpected success of Atari s Pong in the 1970s which provoked a flood of sport simulation games that have had an impact on every sector of the electronic game market From golf to football basketball to step aerobics electronic sports games are as familiar in the American household as the televised sporting events they simulate This book explores the points of convergence at which gaming and sports culture merge **The Cheerleader Fitness Plan** Lindsay Brin,2009-12-29 Get the body you ve always wanted in six weeks Cheerleaders are the ultimate symbol of youth beauty strength and sex appeal what woman wouldn t want to look like one Get the body of your dreams no gimmicks no starvation and no props Former NFL cheerleader and fitness expert Lindsay Brin has been helping women achieve healthier minds and bodies for over fifteen years Using her comprehensive six week plan any woman can achieve their ideal weight whether it s a busy mother of three eager to get her body back a twenty something woman just getting started on a fitness program or an avid exerciser interested in trying something new Loaded with valuable tips and tools to keep you looking and feeling great An effective combination of strength training yoga and cardio Custom twenty five minute workouts perfect for women on the go Nutrition advice to help you manage your metabolism Beauty tips and advice from other NFL cheerleaders **Bowker's Complete Video Directory** ,2000 *Using Cross Fit Training Techniques to Improve Your Cheerleading Performance* Joseph Correa (Professional Athlete and Coach),2016-01-05 Using Cross Fit Training Techniques to Improve Your Cheerleading

Performance This book will change how you look and feel Three different intensity levels are provided in the form of calendars BASIC INTERMEDIATE and INTENSE Each one has a varied difficulty level so that you can start with one plan and then decide if it s too hard or too easy and move to one of the other versions of this crossfit training program This training program includes recipes specific to each meal of the day but you can adapt them to your particular situation This training program comes with a complete exercise routine so make sure you warm up first to stay injury free to be able to complete the program Additionally this training program solves the eating dilemma by giving many options in terms of nutrition It comes with delicious breakfast lunch dinner and dessert recipes so you can satisfy hunger and still eat healthy An entire chapter in this book is dedicated to muscle shake recipes to help you fully absorb as much protein as possible in a healthy way but make sure to drink plenty of water to help your body digest all this protein adequately Anyone can get fitter leaner and stronger it just takes discipline and a great training program to get you exercising and eating right People who begin this training plan will see the following Increased muscle growth Enhanced strength mobility and muscle reaction Better capacity to train for long periods of time Faster increase of lean muscle Lower muscle fatigue Faster recovery times after competing or training Increased energy throughout the day More confidence in yourself A better attitude towards exercise and nutrition **The Cheerleader's Guide to Life** Cindy Villarreal,1994 Everything you need to know to be a success in cheerleading and beyond Successful Reengineering Daniel P. Petrozzo,John C. Stepper,1994 Details how to implement a reengineering program and what to avoid in the process

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