

# ***2015 Cheer Squad Summer Strength & Conditioning***

Hello Cheer Squad,

Welcome to 1<sup>st</sup> annual summer conditioning program for Rams Cheer Squad. In order to maximize your potential as a Cheer Squad member you must have Strength. In order to move your body or body parts from point A to point B you must have the strength to do so. Every year athletes are jumping higher, and getting stronger. The importance of coming into the season in the best shape possible is at the utmost priority. If you come into fall out of shape you are already behind your competition that has been training for the whole summer. This is what separates the good cheer teams from the mediocre ones. Great cheer squad come into the fall season in shape and only improve from then on. Remember you cannot cheer yourself into shape. You must prepare before yourself during the summer June, July and August.

The importance of employing a summer conditioning program for your Cheer Squad is critical for the prevention of injuries. The following program will get you into the best shape possible for the upcoming fall. The following program will help you get into shape and with a little luck will keep you injury free. Remember you do not help the team if you are on the sidelines nursing an injury that could have been prevented. Enjoy the program and enjoy your upcoming Cheer Squad season.

Good Luck and Have Fun,

Coach McCormick  
Head Strength & Conditioning Coach



Do 3 sets of 10 reps of each exercise listed, and hold each flexibility exercise for 30 seconds.

- Use dumbbells or barbells. Choose a weight between 5 and 10 pounds—it should be a challenge while still allowing you to complete all 3 sets.
- Alternate 2 exercises until 3 sets of each exercise are completed or do 1 set of each exercise down the line and perform the whole circuit 3 times.

**Overview:** Flexibility is one thing you'll want to start working on right off the bat. The great news is that with consistent stretching, your body can adapt fairly quickly, resulting in noticeable gains in flexibility. Contrary to what you may think, flexibility is not just for top girls. It's just as important for bases and tumblers to help prevent injury and to allow for a full range of motion at each joint. Flexibility is also important for strong jumps. Be sure to breathe through all of your stretches. Remember never to bounce, but rather to hold your stretches still.

You'll also need strength to perform the skills that are expected of you. You can build strength by adopting a conditioning routine such as this one. Your movements should be controlled and you should focus on your breathing: inhaling on the easy part of the exercise and exhaling on the hard part (i.e., when you're lifting or pushing). Building a good strength base will help to prepare your body for the ever-increasing demands of cheerleading.

A strong core will help you become a better tumbler, jumper, base and/or top girl. It will also help protect your body from possible injury. Performing these core exercises will help you develop awareness of your core muscles and the ability to know how to use them.

### **Weeks #1/2**

#### **Workout Plan June 8<sup>th</sup> -July 8<sup>th</sup>:**

##### **Day 1 3x 15 reps**

1. Warm-up 150 Jump Rope
2. Body weight squats
3. Bench push-ups (advanced: floor push-ups)
4. Bench Dips ( with back flat, abs tight, knees bent; lift and lower body.)
5. Jumping Jacks
6. Bicep curl
7. Tricep dips (use stairs, bleachers or a chair)
8. Abdominal Leg raises

##### **Day 2 3x15**

1. Plank pose (30-second hold per set)
2. Twist and touch (Start: hold ball or weight overhead with abs tight and knees soft. Then, twist body to one side, bend at the waist and drop weight down to foot. Reverse back to the top and repeat to other side. Note: keep arms by your temples.)
3. Mountain climbers (advanced: use strength ball)
4. Split squat jumps (both sides)
5. Shoulder and chest stretch (Clasp hands behind back and raise arms.)
6. Single leg box Squats
7. Fwd Lunge
8. Push-ups

##### **Day 3 3x**

1. Box Jumps(8)
2. Jump Squats (8)
3. 1-Arm Switch Pushup (6/side)
4. Sumo Squat (12)
5. Mountain Climber Sprint (20)
6. Lunge Jumps (6/side)
7. X-Body Mountain Climber (6/side)
8. Superman(12)

**Overview 3/4:** In short, power is the ability to do something quickly and forcefully. During this week, you'll begin to incorporate power exercises into your program. A power exercise is one in which your feet leave the floor (e.g., jumping, leaping), or where you push your upper body forcefully off of a surface (power push-up). Just about everything you do as a cheerleader requires power: jumps, standing and running tumbling, stunting and throwing baskets. Every one of these will improve as you train to develop power. The following are some basic safety guidelines you should always follow when attempting the power exercises listed:

- Make sure you've adequately warmed up and stretched.
- Wear appropriate shoes with good ankle and arch support.
- Try to use grass.
- When jumping, always land bent, with shoulders over knees and knees not extended past the line of the toes.
- Land on the ball of your foot and roll down—never land flat-footed.

- If you have never done any strength training or are new to cheerleading, you should hold off on power exercises unless you have instruction or supervision from an experienced coach or trainer.

### **WEEKS 3/4**

#### **Workout Plan: 2x 30 sec. each**

##### **Day 1**

1. Warm-up 150 jump ropes
2. DB Lunges (Step forward and back, alternating legs.)
3. DB Squat jumps (Start in a squat, jump straight up, reaching up and extending legs, and land in squat to repeat.)
4. Power push-ups on bench (Push hands off bench as arms straighten; advanced: perform flat power push-up on floor.)
5. DB Power press (Squat with weights held at shoulder level, press weight overhead once you complete squat.)
6. Box jumps (Jump up onto a box, be sure it's sturdy.)
7. MB Russian twist
8. Repetitive side to side hurdle jumps (Focus on landing soft)
9. Repetitive tuck jumps (with arms reaching up in a touchdown motion)

##### **Day 2 3x15**

1. MB Plank pose (30-second hold per set)
2. MB Twist and touch (Start: hold ball or weight overhead with abs tight and knees soft. Then, twist body to one side, bend at the waist and drop weight down to foot. Reverse back to the top and repeat to other side. Note: keep arms by your temples.)
3. MB Mountain climbers (advanced: both hands on ball)
4. MB Split squat jumps (both sides)
5. Shoulder and chest stretch (Clasp hands behind back and raise arms.)
6. MB Single leg box Squats
7. MB Fwd Lunge
8. Clap Push-ups (10)

##### **Day 3 Plyo Day twice a week**

1. Box Jumps(8)
2. Jump Squats (8)
3. 1-Arm Switch Pushup (6/side)
4. Sumo Squat (12)
5. Mountain Climber Sprint (20)
6. Lunge Jumps (6/side)
7. Mountain Climber Mule kicks (6)

**Overview: 5/6** No exercise can work your muscles in the exact same way as the skill itself does. Therefore, if you wait until tryouts to jump, tumble, etc., you can almost guarantee that you'll experience soreness one to three days into the tryout. But, by incorporating key skills into your workout during these weeks, you'll avoid the soreness that could potentially hinder you on tryout day. Just be sure to give yourself adequate rest between sets and to only perform skills that you can complete with proper form.

### **Weeks 5/6**

#### **Workout Plan: Day 1**

1. Warm-up jump rope 200 rotations
2. Walking lunges 20m (3 sets with hands on your head)
3. V-ups (hold 8lb. dumbbells while performing motions)
4. Toe touches to 8-counts (3 sets of 10 toe touches; advanced option: 5 continuous whip toe touches)
5. Side Plank 3 sets 30 sec.
6. Burpees w/jump (3 sets of 8)
7. MB Squat jumps (3 sets of 10; advanced: add an overhead medicine ball throw at the top of the jump.)
8. Running tumbling (3 sets of 3 passes)

#### **Workout Plan: 3x 30 sec. each**

##### **Day 2**

1. Warm-up 150 jump ropes
2. DB Lunges (Step forward and back, alternating legs.)
3. DB Squat jumps (Start in a squat, jump straight up, reaching up and extending legs, and land in squat to repeat.)
4. Power push-ups on bench ( hands on bench straighten arms as you go up; advanced: perform dips with feet on strength ball.)
5. DB Alternating Press
6. Box jumps (Jump up onto a box, be sure it's sturdy.)
7. MB Slam (reach over head with MB keep arms straight throw down in front toes catch ball repeat.)
8. Repetitive side to side hurdle jumps (Focus on landing soft)
9. Repetitive 180 jumps (with arms reaching up in a touchdown motion)

### **Day 3 3x15**

1. MB Plank pose (30-second hold per set)
2. MB Twist and touch (Start: hold ball or weight overhead with abs tight and knees soft. Then, twist body to one side, bend at the waist and drop weight down to foot. Reverse back to the top and repeat to other side. Note: keep arms by your temples.)
3. MB Mountain climbers Skips(advanced: week 7/8 use swiss ball both hands on ball)
4. KB Split squat jumps (both sides)
5. Depth jumps (Clasp hands behind back and raise arms.)
6. PVC pipe OH box Squats(10)
7. MB Reverse Lunge(10)
8. Clap Push-ups (10)

### **WEEKS #7/8/9**

**Overview:** The next two week, you'll pull it all together: strength, core, power, cheer skills and flexibility. This workout works best as a circuit, done three times in a row.

#### **Workout Plan Weeks 7/8/9:**

##### **Day 1 (3 times)**

1. Warm-up jump rope 5min none stop
2. Body weight squats (10)
3. Power push-ups (10)
4. Standing handsprings or tucks (5)
5. Power press with jump (10)
6. V-ups (10)
7. Toe touches to 8-counts (5)
8. Russian twist (25)
9. Medicine ball slams (10 )

**Day 2,** workout works best as a circuit, done three times in a row.

1. Broad Jump (6)
2. T-swing Pushup (6/side)
3. Prisoner Walking Lunges (8/side) keep hands on head
4. DB Plank renegade (10)
5. MB Wood Chops (8/side)
6. Burpee/Mountain Climber Combo (8) (1 burpee + 8 mountain climbers)
7. Single Leg Push-ups (10 per leg)
8. Box jump (10)
9. Plank hold (45 seconds)

**Day 3,** workout works best as a circuit, done three times in a row.

1. Pushups (1minute)  
\*Rest 1 minute
2. BW Squats (1 minute)  
\*Rest1 minutes
3. Inverted Row (1 minute)  
\*Rest 1 minute
4. Burpees (1 minute)  
\*Rest 1 minute
5. Walking Lunges (1 minute)  
\*Rest 1 minute
6. Jumping Jack (1 minute)

12 week conditioning and endurance work 3 days a week outline of distances, times, reps and rest.

	DAY ONE	DAY TWO	DAY THREE
	Distance / Reps / Time / Rest*	Distance / Reps / Time / Rest*	Distance / Reps / Time / Rest*
WEEK 1	100 YD / 6 / 22 Sec / 3:1	50 YD / 10 / Max Effort / 6:1	200 YD / 6 / 35 / 7:1
WEEK 2	100 YD / 8 / 19 Sec / 3:1	50 YD / 10 / Max Effort / 6:1	200 YD / 6 / 38 / 7:1
WEEK 3	100 YD / 10 / 19 Sec / 3:1	50 YD / 12 / Max Effort / 6:1	200 YD / 7 / 38 / 7:1
WEEK 4	80 YD / 12 / 16 Sec / 4:1	30 YD / 8 / Max Effort / 7:1	1 mile / 9:00 min. /
WEEK 5	80 YD / 14 / 16 Sec / 4:1	30 YD / 8 / Max Effort / 7:1	1 mile / 9:00 min. /
WEEK 6	80 YD / 16 / 16 Sec / 4:1	30 YD / 6 / Max Effort / 7:1	1 mile / 9:00 min. /
WEEK 7	60 YD / 8 / Max Effort / 12:1	20 YD / 6 / Max Effort / 7:1	60 YD / 6 / Max Effort / 12:1
WEEK 8	60 YD / 10 / Max Effort / 12:1	20 YD / 6 / Max Effort / 7:1	60 YD / 6 / Max Effort / 12:1
WEEK 9	60 YD / 12 / Max Effort / 12:1	20 YD / 6 / Max Effort / 7:1	60 YD / 6 / Max Effort / 12:1
WEEK 10	40 YD / 12 / Max Effort / 12:1	10 YD / 8 / Max Effort / 7:1	40 YD / 8 / Max Effort / 12:1
WEEK 11	40 YD / 12 / Max Effort / 12:1	10 YD / 10 / Max Effort / 7:1	40 YD / 8 / Max Effort / 12:1
WEEK 12	40 YD / 12 / Max Effort / 12:1	10 YD / 10 / Max Effort / 7:1	40 YD / 8 / Max Effort / 12:1

\* Rest times are in work-to-rest ratios. For example, if you were prescribed a 2:1 rest time and it takes you 10 seconds to perform a sprint, rest for 20 seconds.

### Components of Speed

1 mile - to improve body composition

0-1000 yards - to improve maximum velocity

5-20 yards - to improve acceleration

