


CHEER SPORT SHARKS CONDITIONING PROGRAM

Level 1

<p style="text-align: center;">Level 1 Tumbling Skills</p> <p style="text-align: center;">Front Roll Handstand Cartwheel Round-Off Back walkover Front walkover</p>	<p>KEEP IN MIND!</p> <p>Finish in any order Record your progress Challenge yourself Do the exercise properly</p>	
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Exercise	Instructions	Time / Amount	Muscles Worked	Focus
Frog jumps	<ul style="list-style-type: none"> • Jump with knees together • Bum to heels at bottom position • Exploding jumps 	30 reps	Legs (quads, hamstrings, glutes)	<ul style="list-style-type: none"> • Understanding of squeezed legs • Preparation for level 2 explosive skills - ex. Back handspring
Front/side/back kicks	<ul style="list-style-type: none"> • Straight legs • Pointed toes • Body fixed - only the legs should be moving • Lower the leg slowly to ground, but kick fast and tight 	10/leg (front/side/back) x 3 sets	Hip flexors Core Glutes	<ul style="list-style-type: none"> • Jumps (toe touch, pike, hurdler) • Learning muscle control
Leg lifts	<ul style="list-style-type: none"> • Lay on back • Hang onto fixed item • Legs remain straight and together • Lower to ground slowly • Avoid any arching of the back as the legs lower to the ground 	30 reps	Core	<ul style="list-style-type: none"> • Core strength for all skills

Exercise	Instructions	Time / Amount	Muscles Worked	Focus
Handstand hold	<ul style="list-style-type: none"> • Belly against wall • Walk feet up wall / hands follow on ground • Nose to wall (chin down) • Straight body, no arch/slouching in shoulders • Squeeze bum, push toes to ceiling 	10 sec hold x 5	Full body Emphasis on: -shoulders	<ul style="list-style-type: none"> • Balance • Body control • Handstand is the most important tumbling skill
Plank hold	<ul style="list-style-type: none"> • Straight bodyline from shoulders to heels • No arch in back (slouching) • No bum in air (pike position) • Shoulders over top/in line with elbows • Squeeze bum/legs/abs, but remember to breathe! 	60 sec x 2	Full body Emphasis on: -core -shoulders	<ul style="list-style-type: none"> • Proper body position required in all skills • Building a base strength in the core and shoulders
Push-ups (regular, or modified)	<ul style="list-style-type: none"> • FULL RANGE OF MOTION REQUIRED (chest touching ground) • Hands shoulder width apart • Head neutral position looking towards ground • Straight bodyline (no arching or slouching, or bums in air) <p>Modified versions:</p> <ul style="list-style-type: none"> • Knees down (body must stay straight from knees to shoulders) • Hands on raised surface (couch/chair/wall) 	40 reps total (split as desired)	Chest Arms Core	<ul style="list-style-type: none"> • Strengthening upper body to support self while inverted • Preparation for level 2 skills requiring explosive upper body - ex. Round-off back handspring