


CHEER SPORT SHARKS CONDITIONING PROGRAM

Level 3

<p style="text-align: center;">Level 3 Tumbling Skills</p> <p style="text-align: center;">Back handspring x 3 Round-off back handspring x3 Round-off back handspring – tuck Punch front (single or used in specialty series) Aerial</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	Skill focus
Plank push-ups	<ul style="list-style-type: none"> • From plank hold position, lift one arm at a time pushing up into a push-up position, then back down to plank • Lead with left arm for 10 repetitions of push-up to plank, then lead with right arm for 10 repetitions 	10 reps/leading arm x 2	Core Chest Arms	<ul style="list-style-type: none"> • Upper body strength and endurance
Burpees (to belly)	<ul style="list-style-type: none"> • Make sure jump is explosive • Touch entire belly on ground at the bottom 	15	Full body	<ul style="list-style-type: none"> • Total body conditioning • Endurance

Exercise	Instructions	Time/amount	Muscles worked	Skill focus
Plank hold (front/side)	<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 breathe <p>Side plank:</p> <ul style="list-style-type: none"> • Hold similar to regular plank, but support self on one arm facing sideways (alternate sides) 	<p>60 sec x 2 (regular)</p> <p>30 sec x 2 (side)</p>	<p>Full body Emphasis on: -core (oblique) -shoulders</p>	<ul style="list-style-type: none"> • Proper body position in all skills
Handstand hold/ Head taps	<ul style="list-style-type: none"> • Belly against wall • Nose to wall (chin down) • Straight body, no arch/slouching in shoulders • Squeeze bum, push toes to ceiling • Slowly shift weight to lift one arm and tap head • Alternate between arms • Keep body tight as you lift arms 	<p>20 sec hold x 2</p> <p>10 head taps/arm (alternate each tap) x 2</p>	<p>Full body Emphasis on: -shoulders</p>	<ul style="list-style-type: none"> • Balance • Body control • Complete body awareness exercise • Learning to shift weight on hands
Tuck jumps	<ul style="list-style-type: none"> • Jump and bring knees up to chest • Land as softly as possible, sink into ground, then explode back up into tuck jump • Don't punch 	<p>30 reps</p>	<p>Legs (quads, hamstrings, glutes)</p>	<ul style="list-style-type: none"> • Explosive power required for standing tumbling • Practicing knees up for tucks

Exercise	Instructions	Time/amount	Muscles worked	Skill focus
Mountain climbers	<ul style="list-style-type: none"> • Start in push-up position • Lift one knee at a time to chest, keeping body as straight as possible (try not to lift bum up into air) • Speed should be fast, similar to running on the spot 	30 sec x 2	Full body Emphasis on: -core -shoulders -calves	<ul style="list-style-type: none"> • Muscle endurance • Quick foot to foot movement assists with fast twitch muscle activation needed for punching skills
Lunges	<ul style="list-style-type: none"> • Step forward with one leg, bend both knees, softly touch back knee to ground, then push back up to standing position • Alternate between legs • Don't bounce knee off ground 	20 reps/leg (alternate legs each rep)	Legs (quads, hamstrings, glutes)	<ul style="list-style-type: none"> • Balance on one leg for increased hurdle power in running tumbling • General leg strength • Body control
Calf raises	<ul style="list-style-type: none"> • Stand feet and heels together • Lift up onto tippy toes, then back down to flat feet • Keep movement consistent, and speed moderate 	100 reps	Calves	<ul style="list-style-type: none"> • Major muscle assisting with punching skills

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