


CHEER SPORT SHARKS CONDITIONING PROGRAM

Level 4

<p>Level 4 Tumbling Skills</p> <p>Back handspring x2 - tuck/layout Back handspring – tuck Standing back tuck Round-off back handspring - tuck/layout Specialty series including: front tuck step-outs, whips, layout step-outs</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
Squat jumps (regular, modified)	<ul style="list-style-type: none"> • Feet shoulder width apart • Slowly sit to deepest squat position, hold, then explode up quickly with jump • Back straight (no rounding) • Head neutral, facing forward <p>Modified version:</p> <ul style="list-style-type: none"> • Slowly sit to a raised object allowing for at least 90 degree angle in legs <p>(the deeper the better), then continue with explosive jump</p>	30 reps x 2	Legs (quads, hamstrings, glutes)	<ul style="list-style-type: none"> • Standing tucks • Explosive power in standing skills

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Plank push-up/push-up combination	<ul style="list-style-type: none"> • From plank hold position, lift one arm at a time pushing up into a push-up position, perform a push-up, then lower back down to plank one arm at a time • Lead with one arm consistently for 10 push-ups, then switch leading arms 	10 push-ups/leading arm	Upper body Core	<ul style="list-style-type: none"> • Upper body muscle endurance
Lemon squeezers (straight legs)	<ul style="list-style-type: none"> • Lay flat on ground, straight legs, arms above head at ears • Simultaneously lift upper and lower body to meet in middle in piked position with only bum on ground • Reach for toes at the top 	40 reps	Core	<ul style="list-style-type: none"> • Strength and quick movement needed for layouts • General core strength for all skills
Hollow body holds (front/back)	<ul style="list-style-type: none"> • Hold hollow body on back (banana position): mid back/bum touching ground, shoulders/feet off ground, straight legs, arms above head at ears • Roll over to belly without touching arms or feet to ground and hold with arched back, straight legs, arms above head, bum squeezed • Continue to switch between back and belly position without res 	5 sec holds 10 holds each (belly/back)	Total core (abs, lower back) Glutes	<ul style="list-style-type: none"> • Tight body position in layouts • Body control • General core strength for all skills
Burpees (to belly)	<ul style="list-style-type: none"> • Make sure jump is explosive • Touch entire belly on ground at the bottom 	20	Full body	<ul style="list-style-type: none"> • Total body conditioning • Endurance

Exercise	Instructions	Time / Amount	Muscles worked	Skill focus
Raised hip thrusts	<ul style="list-style-type: none"> • Lay flat on back with feet raised (ex. Couch, chair, step stool) • Bring bum close to feet so the legs are bent at a 90 degree angle • Push heels into raised surface and lift hips towards the ceiling, keeping the shoulders on the ground • Squeeze knees together, engage hamstrings (back of the legs), and bum 	30 reps x 2	Hamstrings, glutes	<ul style="list-style-type: none"> • Highly neglected muscle group • Extremely important muscles necessary for generating power and punching
Triceps dips	<ul style="list-style-type: none"> • Use couch or chair • Make sure to keep chest up, and body going straight up and down, bending only the arms • Avoid pushing body or head forwards as you lower to ground • Feet can be on the ground, or raised to make it more difficult 	30 reps	Arms (specifically triceps)	<ul style="list-style-type: none"> • Assists with all back handspring skills • Upper body push power
Jumping lunges	<ul style="list-style-type: none"> • Jump from a standing position to a lunge, immediately jumping and switching feet landing in opposite leg lunge (repeat without standing) • Keep hands on hips or in a clap position while jumping • Avoid banging knee on ground during the lunge 	20 lunges/leg	Legs (quads, hamstrings, glutes)	<ul style="list-style-type: none"> • Explosive leg power for all skills • Body control and coordination