


CHEER SPORT SHARKS CONDITIONING PROGRAM

Level 5

Level 5 Tumbling Skills		
<p>Back handspring - layout full/double Back handspring x2/3 - layout full/double Round-off - back handspring - full/double Standing tuck/full</p> <p>Specialty series including: punch front step-outs, whips, arabians, layout 1-1/2, multiple fulls/doubles</p>	<p>KEEP IN MIND!</p> <p>Finish in any order Record your progress Challenge yourself Do the exercise properly</p>	

Exercise	Instructions	Time / Amount	Muscles worked	Skill focus
Jumping lunges / squat jumps	<p>Jump sequence:</p> <ol style="list-style-type: none"> 1. Left leg lunge 2. Right leg lunge 3. Squat 4. REPEAT <ul style="list-style-type: none"> • Make sure to connect all three without pausing in between or standing • Jump from each position directly to the next • Keep chest up 	<p>Jump sequence (1-3) x 20</p> <p>x 2 sets</p>	<p>Legs (quads, hamstrings, glutes)</p>	<ul style="list-style-type: none"> • Explosive power for all skills, especially standing • Increased endurance

Exercise	Instructions	Time / Amount	Muscles worked	Skill focus
Plank hold (regular and advanced)	<ul style="list-style-type: none"> • Shoulders over top of elbows, body straight, no slouching, or raised bum (piking position) <p>Advanced:</p> <ul style="list-style-type: none"> • Hold opposite arm and leg straight out, then switch 	<p>Hold: 60 sec x 2</p> <p>Advanced: 60 sec total (switch positions every 10 sec)</p>	<p>Full body</p> <p>Emphasis on: -core -shoulders</p>	<ul style="list-style-type: none"> • Proper body position in all skills • Balance • Body control • Strength in oblique for twisting
One-legged squats (pistol squats)	<ul style="list-style-type: none"> • Sit onto a raised surface (foot stool, chair) • Sit slowly and controlled, stand quickly and tight • Try to remain balanced on one foot through entire set 	<p>15/ leg x 2</p>	<p>Legs (quads, hamstrings, glutes)</p>	<ul style="list-style-type: none"> • Balance • General leg strength, focusing on hamstrings • Major power generating muscle
Hollow body rolls into lemon squeezer	<p>Start position: on back, hollow body, feet and shoulders off ground, arms above head at ears Middle position: on belly, arched back, feet and chest off ground, arms above head at ears End position: same as starting position, but add lemon squeezer (sit up into a ball/pike position - both upper and lower body meet at top, only contact on ground is bum)</p> <ul style="list-style-type: none"> • Perform one full roll to the right from start position to end (including lemon squeezer), then roll back to the left performing a lemon squeezer • Repeat this sequence 	<p>20 lemon squeezers total w/ rolls included</p>	<p>Total core (abs, oblique's, lower back) Glutes</p>	<ul style="list-style-type: none"> • Body control • Total core conditioning • Twisting skills (fulls / doubles)

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Push-ups / push-up position holds	<ul style="list-style-type: none"> • Push-up goal: chest touching ground every rep, with complete body tightness, neutral head position • Push-up position holds: lower tight body half way down to ground and hold 	<p>30 reps</p> <p>10 holds (10 sec/hold)</p>	Chest Arms Core	<ul style="list-style-type: none"> • Upper body strength and control
One-legged 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 • Raise and straighten one leg up towards ceiling, keeping one on raised surface (bent) • From this position, push into heel, lifting hips and single leg towards ceiling, and back down to ground 	20 reps / leg x 2	Hamstrings, glutes	<ul style="list-style-type: none"> • Highly neglected muscle • Extremely important muscle for generating power and punching • Single leg work to increase difficulty and improve balance
Leg lift twists	<ul style="list-style-type: none"> • Lay on back • Hang onto fixed item • Legs remain straight and together • Lift legs up towards ceiling in candle stick position, adding a slight twist at the top, alternating twisting direction • Avoid any arching of the back as the legs lower to the ground 	20 twists each way	Total core	<ul style="list-style-type: none"> • Layout and twisting position training • Strengthening oblique muscles for twists • General core strength for all skills

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Burpees (regular and advanced)	Advanced: <ul style="list-style-type: none"> • Burpee to push-up • Burpee to push-up jack 	Burpee to push-up: 20 reps Burpee to push-up jack: 30 reps	Full body	<ul style="list-style-type: none"> • Total body conditioning • Endurance

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