

Cheer Workout Routines

Monday: LEGS

Warmup – Lunge
25 Jumping Jacks

1st Set 2 minutes of Power Jacks/Jump Squats (switch every 30 seconds)
2 laps of high knees
2 laps of butt kickers
20 pushups

Cardio Break 5 laps of jogging

2nd Set 25 Burpees
1 lap of short lunges
1 lap of runners lunges
25 crunches
1 minute of step ups on boxes

Cardio Break 5 laps of jogging



3rd Set 2 minutes of mountain climbers/half-burpees (switch every 30 seconds)
2 lap of karaokes
2 lap of shuffles
1 minute of crazy jacks
25 V-Ups

Tuesday: ABS

Warmup - 2 minutes of high knees/butt kickers (switch every 30 seconds)
2 laps skipping

1st Set 30 reverse crunches
30 side plank rises on each side
25 side reaches on each side
20 Power Jacks

Cardio Break 2 sets of lines

2nd Set 1 minute holding plank position
25 seated side twists
35 Bicycles on each side
25 jumping jacks

Cardio Break 2 sets of lines

3rd Set 30 crunches
20 V-Ups
35 flutter kicks on each leg
20 triceps pushups
1 minute of lower ab circles (switch direction at 30 seconds)



Wednesday: CIRCUIT

Warmup - 1 lap of bear crawl
1 lap of hockey lunges

1st Set 30 jump squats
30 power jacks
1 minute wall sit
1 minute switch kicks
25 pushups

Cardio Break 2 laps skipping

2nd Set 3 minutes half burpees/ski jumps/mountain climbers (switch every 30 seconds)
30 crunches
30 windmills on each side
1 minute holding plank
25 jumping jacks

Cardio Break 2 laps of shuffles

3rd Set 2 minutes high knees/butt kickers (switch every 30 seconds)
1 lap short lunges
1 lap runners lunges
20 burpees
1 lap of Kangaroo jumps
1 lap of Bunny hops



Thursday: ARMS & STRETCHING

Warmup - 1 lap of crab crawl
1 minute of high knees

1st Set 25 pushups
30 Dips on a bench or balance ball
1 minute of T arm circles (switch at 30 seconds)
Stretch arms across chest for 30 seconds each
Splits 1 ½ minutes – switch every 30 seconds – left, right, straddle

Cardio Break 5 laps of jogging

2nd Set 30 mountain climbers on each leg
1 minute holding plank
25 V-Ups
30 seconds scorpion stretch
30 seconds heel stretch
20 triceps pushups

Cardio Break 3 Sets of Lines

3rd Set 50 jumping jacks
10 hand stand pushups
15 reverse crunches
30 seconds pike stretch

