

June/July Self-paced Workout:

EVERY DAY!

Push-ups: 20 (real push ups) 50 if you do girl pushups

Splits: hold for 2 minutes

High Kicks: 10 on each leg

Planks/Up-downs: start with 10 then work up to 20.

Jumps: 5 toes touches, one each of hurdlers on each leg, herkies on each leg, and one pike

Walking lunges: 20 on each leg

Motions: Practice SHARP in front of mirror, practice SMILING. Remember if you're not practicing it you won't do it in a performance.

Flyers: Practice pulling one leg skills EVERY DAY. You must be stable on the ground to get to do this in the air.

Bases & Spots: work on upper body strength and legs

Run a mile 3-4 times per week. You will need this endurance to cheer a whole game.