



Flexibility Training

Like all sports the need for flexibility is very important! Cheer Infinity All-stars is no exception. We aspire to give the very best competitive cheer training in the state of North Carolina and will continue to be innovative in the ways we provide for our cheerleaders. This is an overview of the various flexibility exercises desired by the Cheer Infinity staff and necessary for continued achievement. Thank you and have FUN!

Requirements

- All cheerleaders will need to be responsible for their own training even though we ask for your parents to sign off on your completed exercises. Getting used to accountability is very important in all walks of life so this should be a fun and exciting way to involve your parents in your continued cheerleading career. The Cheer Infinity staff will also hold each cheerleader accountable for their completed exercises by the obvious improvement you should achieve. These exercises are proven in the sport of cheerleading and will further your skills if taken seriously. Good luck and have fun!
- Monday: General Flexibility / Body Positions
- Tuesday: Advanced Flexibility / Body Positions
- Wednesday: Recovery Day
- Thursday: Advanced Flexibility / Body Positions
- Friday: General Flexibility / Body Positions
- Saturday: Recovery Day/Optional
- Sunday: Recovery Day

At the back of this packet is your parent sign off sheet. Keep track of your progress and hand in to one of the Cheer Infinity Allstars coaches in your flexibility, so stay focused and determined and you will be pleasantly surprised with your achievement. Remember! Have FUN!

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General Flexibility 8.5 Minutes

All Cheerleaders

You have all learned the general stretching techniques we use at the beginning of practices. Those stretches are key to any cheerleader's general flexibility and will be required before moving on to more advanced techniques. You can move on once your general stretches have been sufficiently warmed up. You should hold each stretch 30 seconds before moving on to the next!

- Straddle sit: Left, Right and Middle w/ toes pointed straight up
- Pike sit: grab toes and lift heels off ground, then grab heels w/ legs locked out and pointed toes
- Butterfly sit: Hands on knees and apply forward leaning pressure
- Right Split
 - Right knee up & Left knee down: push hips forward, keeping chest up
 - Sit on back foot and lay down, grabbing heel of straight leg
 - Full split, keep chest up in good posture with hands on either side
 - Arch back with head dropped back and hands reaching as far back as possible
 - Lay down on front leg, reaching to grab heel, keep body weight on leg
- Left Split

Repeat the above steps for the left
- Middle Split

Keep hips in line with feet and feet on their sides pointed forward
- Bridge

Push up through shoulders, feet flat, keeping legs together and straight
Shoulders should push over hands w/ head looking up to ceiling

Good! You're done with warm-up and can now move on to advanced techniques and strength training. Remember, these stretches should always precede any other stretching techniques!

Advanced Flexibility 11 Minutes

All advanced techniques can be done by all cheerleaders. These stretches will also help with jumps and tumbling so have fun and get creative!

I. Elevated Splits

This should be used when regular splits no longer stretch your muscles. Elevating your splits will help you achieve above average flexibility. With increased flexibility comes easy flying!

- Use to elevate: Panel mat, Couch cushion or two, Pillows, Books, etc.
- Rest front leg (calf) on Mat
- Back leg is straight w/ knee down
- Chest up in good posture
- Hands on side of hips to the ground
- Hold for 2 minutes
- Repeat with other leg

Variations:

- Arching back and laying down
- Back leg elevated in addition to the front

II. Log Roll

No, we do not mean rolling down a hill on your side for fun☺ We do mean, once you can go all the way down in a split, then you can log roll. Have fun rolling around!

- Start from a split or from your back, holding your leg by your head
- If in a split then lay down on your front leg and grab foot
- The rest is easy, just roll!
- Front to back to front and so on
- Try to control the roll and maintain a split
- Try crossing leg over chest and roll

III. Frog Stretch

If done correctly, this stretch will specifically help with Bow-n-Arrow and Scale.

- Start on hands and knees
- Slide knees away from each other in opposite directions
- Keep hips in line with knees
- Legs should be bent at 90° at knees
- Feet lay flat pointing out
- Once knees have slid out all the way
- Slowly sit back a little until stretch is felt
- Hold for 30 seconds

IV. Seal Stretch

Great stretch for the back, hips and stomach! This is very important for the Scorpion or Scale!

- Lay on stomach with hands flat next to ribs
- Elbows should be pointing toward ceiling
- Push with arms, chest up
- Keep hips on ground
- Arch back as much as possible with head back
- Hold 30 seconds
- Roll hips side to side

V. Wall Split

This stretch should be done on an open wall of your home, with plenty of leg room. Gravity is the key in this stretch so give it time and you'll see the benefit. This should be held for at least five minutes. If you like, you can put tape on the wall and track your progress.

- Sit facing wall and then lay back
- Extend legs straight up
- Scoot forward until your bottom is against the wall
- Allow legs to slide apart until gravity pulls them down
- Help gravity by going further if you can
- Wear socks so heels slide on the wall
- Hold for 5 minutes

VI. Hip Rotation

This develops full range flexibility in the hips for transition between body positions. For example: heel stretch to scorpion/scale or heel stretch to bow-n-arrow. Be careful with this stretch while rotating between positions.

- Start standing up with feet far apart
- Bend right leg all the way down to squat
- Keep left leg straight with hands in front
- Walk hands to left and move to other side of leg
- While walking hands rotate hips until left knee is facing left
- Lay down on top of leg to get upper hamstring and outer gluts and hip stretch
- Hold for 30 seconds
- Walk hands back to front with knee facing forward
- Lean left and force hip to ground while twisting hips to the right
- Hold for 30 seconds
- Walk hands around to right while rolling left leg over so knee faces ground
- Push hip to ground while twisting body to the right
- Hold 30 seconds
- Repeat the above steps while trying to maintain stretch in hips, pushing in all directions
- Reverse all the above for the other side

Flyer Body Positions

Be sure to practice pulling body positions often, since practice makes permanent. You should want your body positions to look perfect in the air and the more you practice pulling them the better. Have fun and get with a partner to have a body position competition. Which one of you can hold the longest and prettiest without falling? Let us know who the winners are 😊

Do these everyday:

- 20 Front stretches, pulling straight leg as fast as possible, grab with both hands
- 20 Scorpions, using proper technique
- 20 Scales, getting higher and higher
- 20 Arabesques, pulling as fast as possible
- 20 Bows, try kicking into it and grab over head, VERY HARD TO DO!!!

Every time you pull a body position hold it for 5 seconds and try not to lose balance.

Remember to keep your eyes focused on one spot that is slightly above eye line and directly in front of you. Have fun competing with your friends!