



## Strength & Conditioning

Strength and Conditioning is one of the most important aspects of any and all sports. Cheerleading is no exception! Since competitive cheerleading has grown into one of the most intense and fast paced sports in the world, its athletes have become one of the most conditioned and in shape groups in the sporting arena. Competitive cheerleading is a two and a half minute sprint to the finish, while executing a perfectly choreographed routine and performing like you're having the time of your life. Being strong enough to handle all the skills and conditioned enough to avoid "passing out" is the goal of all seriously competitive teams. This will be a five week on and one week off work-out schedule.

Now, don't freak out! The Cheer Infinity staff believes in you and what you are capable of, even if you don't see it yet. One of the things we know for sure is that girls are extremely strong and capable of awesome things. You want to be the best that you can be and if you are patient and a hard worker you can be! We are here to serve you and your families so don't hesitate to ask for extra help. We would be glad to give a little more of ourselves to see you achieve your goals and experience the thrill of success!

### ***Work-out Schedule:***

- **Monday:** (1) Upper Body-Group 1 / (1) Body Core-Group 1 / (1) Cardio 8 minutes
- **Tuesday:** (2) Lower Body-Group 2 / (2) Body Core-Group 2 / (1) Cardio 5 minutes
- **Wednesday:** PPLAC-Circuit
- **Thursday:** (2) Upper Body-Group 2 / (2) Body Core-Group 2 / (1) Cardio 5 minutes
- **Friday:** (1) Lower Body-Group 1 / (1) Body Core-Group 1 / (1) Cardio 8 minutes

**\*\* The parenthesis (?) is how many exercise you choose from that group!**

**\* Start out doing 5-10 reps of each exercise, after about a month move up to 10-12!**

## **PPLAC - *Push/Pull/Leg/Abs/Cardio***

In the PPLAC-Circuit, a set consists of 1 push, 1 pull, 1 leg & 1 abs. When doing the set, don't stop until you are finished. After the set you get a 2-5 minute break before your next set. You should do 2-3 sets, depending on your desired intensity level. When all sets are completed you should do 5 minutes of cardio. Sets will alternate from Group #1 to Group #2 to Group #1 and so on.

### **Upper Body Exercises (Exercises are Push and some Pull for PPLAC)**

#### Group #1

- Push-up (Standard) \*Push: PPLAC
- Wide Push-up (Standard) \*Push: PPLAC
- Diamond Push (Incline) \*Push: PPLAC
- Rear Dips +Pull: PPLAC
- Curls +Pull: PPLAC

#### Group #2

- Push-up (Incline) \*Push: PPLAC
- Wide Push-up (Incline) \*Push: PPLAC
- Diamond Push (Standard) \*Push: PPLAC
- Shoulder Extensions +Pull: PPLAC
- Overhead Tri Extensions +Pull: PPLAC

### **Lower Body Exercises (Any exercise counts for Leg in PPLAC)**

#### Group #1

- Squats
- Leg Extensions
- Power Jumps
- Straddle Lifts (TV's)
- Lunges (Forward & Backward)

## Group #2

- Rebounders
- Jump Lunges
- Calf Raises
- Skiers
- Straddle Bounders

## **Body Core Exercises (Any exercise counts for Abs in PPLAC)**

### Group #1

- Hollow Rocks
- Lemon Squeezers
- Straddle Ups
- Side Crunches
- Around the Worlds

### Group #2

- Standard Crunch
- Swimmer Kicks
- Negative Hollows
- Superman Rocks
- "V" Ups

## **Cardio Exercises**

- Jogging
- Bicycling
- Swimming
- Cardio Workout Videos
- Dancing (non-stop intense)