Cheer Warm-up/Daily Workout

- Run 3-5 minutes
- Stretch
  - Head rolls to right and left
  - Squats with arms raised over head
  - Windmills into hamstring stretch/lunge (to R and L)
  - Straddle Sit - stretch R, L, Center
  - Stretch legs straight in front of you and lean over toward knees (pointed toes and flexed feet)
- Push-ups (start with 10 but try and add additional)
- Cheer jacks (10)
- Plank position - hold for 10 sec and repeat 3 times (work toward 30 sec each)

Arm motion drills (K-N-I-G-H-T-S (clap), let’s go, let’s go Knights)
- Low V (K)
- High V (N)
- T (I)
- Broken T (G)
- Daggers (H)
- Low Touchdown (T)
- High touchdown (S)
- Clap (pause)
- Left L (Let’s)
- Right L (Go)
- Clap, Clap (Let’s Go)
- R punch (Knights)

***Workout should include 5-10 jumps of each kind (toe touch, hurdler, etc) EVERY DAY!!!