

NAME:

PENN STATE CHEERLEADING

Strength and Conditioning Summer 2016

Dynamic Warm-up – 5 minutes

For 10 yards each: Jog, Walk on toes, Walk heels, Skip, Lateral Shuffle both ways, High Knees, Hip kicks, Leg swings, Over Under Over, ‘A’ Drill, ‘B’ Drill, Jump and Stick 2 legs, Jump and Stick 1 leg, Lunge Walk with twist, Toe Touch Hypers, Bear Crawl, Inch Worm, Jog

Core Movement Warm-up – 5 minutes

Laying on the floor, perform 15 seconds of each exercise: Crunch, Straight body bridge, Bicycle, One Leg bridge, 6” flutter, Superman, Mountain Climber, Mtn Climber twists, Burpees, Get-ups, Side Planks, Windshield wipers, Russian Twists, Overhead circles on one leg, and Partner stability

<u>Olympic Movements</u>			Date			Date			Date			Date		
<u>10 minutes</u>	wt	rep	w	r	r	w	r	r	w	r	r	w	r	r
1. Deadlift		5		6	6		6	6		8	8		8	8
2. Box Jump	20”	5		6	6		6	6		8	8		8	8
3. Power Shrug		5		6	6		6	6		8	8		8	8
4. Overhead Squat		5		6	6		6	6		8	8		8	8

<u>Full Body Circuits</u>			Date			Date			Date			Date		
<u>15 minutes</u>	wt	rep	w	r	r	w	r	r	w	r	r	w	r	r
1a. Dumbbell Push Press		5		6	6		6	6		8	8		8	8
1b. Assisted Pull-ups	band	5		6	6		6	6		8	8		8	8
1c. Assisted Dips	band	5		6	6		6	6		8	8		8	8
2a. Elevated Split Lunges	bw	5		6	6		6	6		8	8		8	8
2b. Single Leg RDL’s	bw	5		6	6		6	6		8	8		8	8
2c. Wall Taps (jumps)	bw	10		15	15		15	15		20	20		20	20

<u>Ab Work</u>			Date			Date			Date			Date		
<u>5 minutes</u>	wt	rep	w	r	r	w	r	r	w	r	r	w	r	r
1. Weighted crunch		10		12	12		15	15		15	15		18	18
2. Hanging leg lift		6		12	12		15	15		15	15		18	18
3. Med Ball Slams	14lb	6		12	12		12	12		12	12		12	12
4. Glute Ham w/ partner	bw	5		6	6		8	8		8	8		10	10

<u>Flexibility</u>			Date			Date			Date			Date		
<u>5 minutes</u>	time	Set1	t	1	2	t	1	2	t	1	2	t	1	2
1. Hamstrings (both)	30s		30			30			45			45		
2. Quads (both)	30s		30			30			45			45		
3. Shoulders (both)	30s		30			30			45			45		
4. Calves (both)	30s		30			30			45			45		

*Perform this workout 3 times a week for 3 weeks the take 1 week off each month.