

The Ultimate Cheerleader Fitness Challenge



Day 1-4

10 Push Ups
30 Sec Plank
10 Mountain
Climbers

Day 5: Rest

Day 6-9

15 Push Ups
35 Sec Plank
15 Mountain
Climbers

Day 10: Rest

Day 11-14

20 Push Ups
40 Sec Plank
20 Mountain
Climbers

Day 15: Rest

Day 16-19

25 Push Ups
45 Sec Plank
25 Mountain
Climbers

Day 20: Rest

Day 21-24

30 Push Ups
50 Sec Plank
30 Mountain
Climbers

Day 25: Rest

Day 26-29

35 Push Ups
55 Sec Plank
35 Mountain
Climbers

Day 30: Rest

Cheerleading Conditioning Plan

Yijin Wang



Cheerleading Conditioning Plan:

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