

*Presenting The*  
**"At Home Conditioning Work Out"**

Simply do 3 to 4 exercises from each  
muscles group 4 to 5 days a week  
outside of practice to become an all  
around, stronger cheerleader!

**ABS AND BACK**

1. **ROLL OVERS** Hollow Body to Superman **30sec each/ 3 sets**
  - To make it harder add V-ups and Shoulder Blade Squeezes
2. **CORE REACH** Lay on your back with legs together and up towards the side. Reach for your toes **50 reaches/ 3 sets**

Variations:

  - To work your obliques try reaching across your body to the side of your toes.
  - When coming out of your reach lower one leg to a few inches off the floor. On the next reach bring it back up and lower your other leg to a few inches off the floor. (Feet should never touch the floor.)
3. **WILLOW** Stand on one leg with the other bent straight out to the side and rest the arch of your foot against your standing leg. Extend arms over head as if you were holding a large beach ball or pretending to be a ballerina. Keeping your body forward do a side crunch to your bent leg and hold for **3 sec**, then return to starting position. This exercise requires balance, meaning your bent leg should not touch the ground until your set is completed. **15 each side/ 3 sets**
4. **ROCKING BOAT** Make a hollow V with your body with your arms in front of you parallel to the ground and rock forward and backwards holding your hollow V position with out feet touching the ground or lower back arching. **30 sec/ 3 sets**
  - To make it harder put your arms by your ears and open your hollow V to more of a hollow body position.
5. **SLOW BICYCLES** With hands behind head and elbows out twist and crunch up, crossing your right elbow to your left knee, while your right leg in straight and a few inches off the ground. Then switch. That's one. **30 bicycles/ 2 sets** Take your time to do these. The more controlled the better the work out.
  - To make it harder add a 1-2 sec hollow hold in between each bicycle.
6. **CONTROLLED STATIC CURL** Lay on your back with fingers under your lower back, palms turned up. Keep one leg straight and the other bent, so the bent leg's foot is next to the straight leg's knee. Looking straight up at the sky, do crunches lifting your straight leg up 6 inches above the ground and your shoulder blades off the ground. In between crunches your straight leg should remain about an inches from the floor, never touching the ground. **20 crunches/ 4 sets** (2 sets with the right leg bent and 2 sets with the left leg bent)

7. SIDE PLANK or SIDE BRIDGE (For a side plank you will be on your hands and for a side bridge you will be on your elbows.) Start in a prone position, as known as a push up position with either hands or elbows right beneath your shoulders. Open feet a few inches apart for balance. Turn your hips and torso to the right lifting right arm off the floor at a straight 45 degree angle. Return to prone and repeat to the left. **Hold each side plank/ bridge (left and right) and prone position for 3 sec each to count as 1 rep. 10 rep/ 2 sets**
8. TWISTING LUNGES With hands behind your head and elbows out, twist your torso to the same side as your front leg. Make sure that your hips and lower body remain squared to the front. Your upper body needs to remain upright when twisting. Alternate sides. **25 lunges each leg/ 3 sets**
9. TWISTING WINDMILL Lay on your back with your arms straight out on the floor. (You should look like a T.) Lift your legs straight up over your hips, perpendicular to the floor. Keeping your legs straight lower your feet directly to the right as close to the floor as possible with out touching the floor, then return. Do the same to the left. **10 total (5 right, 5 left)/ 3 sets with good technique** These are very difficult if done correctly. Do not worry about how close your feet get to the floor, instead practice good technique. \*Remember your legs should stay straight and drop to the side, so your feet should never go past your bottom. You might consider trying these against the wall.
10. STANDING SIDE CRUNCH While standing, place your right hand behind your head with your elbow out and your left arm out to the side for balance. With your right leg turned out and bent at a 90 degree angle, crunch your right knee and elbow together. Repeat on left side. **20 crunches each side/ 3 sets** (The leg that you are crunching with should never touch the ground between crunches.)
11. REACH OVERS While laying in a hollow body, take a heavy book or dumbbell if you have one and hold it close to your chest with elbows in by your body. Then do a tuck up and reach the book/weight over your knees then return. Feet should never touch the ground. **20 reach overs/ 3 sets**
12. MOUNTAIN CLIMBERS In a hollow push up position you pull your right knee up and into your chest as close as possible, then immediately switch legs. That's one. (Do not return to push up position between switching legs.) **25 mountain climbers/ 3 sets**
13. CRUNCHES WITH LEG EXTENSION With hands behind your head, bend one leg and straighten the other. When you crunch up facing the sky lift your straight leg. Your straight leg should not touch the floor between crunches. \*Make sure the foot of your straight leg is pointed. **20 crunches/ 4 sets** (2 sets with your right leg straight and 2 sets with your left leg straight)
14. STANDING BICYCLES While standing with hands behind your head and elbows out, twist, crunch, and lift your right knee to your left elbow. Do not touch your foot to the floor between crunches. Do not alternate sides. **25 bicycles/ 4 sets (2 sets all right bicycles, 2 sets all left bicycles)**

15. PRONE HOLD Place your feet on a chair and hands on the floor. Push up to prone position (push up position) and squeeze your abs and butt as hard as you can. Hands should be directly below your shoulders and there should be a straight line from your head to your toes. (No mountains or valleys.) **20 sec/ 3 sets**

**Other ab conditioning includes:**

- Tuck ups **3 rep/ 3 sets**
- V-ups (Legs together) **20 rep/ 3 sets**
- Straddle Throughs **20 rep/ 3 sets**
- Combination tuck, pike, straddle **10 combinations/ 2 sets**
- Hip Lifts (Legs piked to the sky) **50 lifts/ 2 sets**
- Butt Lifts (Legs bent at a 90 degree angle) **50 lifts/ 2 sets**
- Abs with Aaron (Hold soup cans or water bottles instead of weights)

**LEGS AND BUTT**

1. JUMPING LUNGES In place, with hands on hips, bend your front leg so that your knee stays over your ankle and bend your back leg so that your back knee almost touches that ground. Jump up and switch legs. For best the lunge should be slow and the jump should be quick. **15 lunges each leg/ 3 sets**
2. DONKEY KICKS On all fours, bring your knee into your chest then extend your leg and kick your heel up to the sky as hard as you can. **20 donkey kicks each leg/ 3 sets**
3. POWER SKATING Stand with knees slightly bent and feet hip-width apart. Bend forward at the waist, hold elbows to 90 degrees, and lift right foot just off the ground. Pushing off your left foot, jump about 3 feet to the right, landing on your right foot. Move your left foot toward the right, keeping it about an inch off the ground. Push off with your right foot, and jump about 3 feet to the left to complete 1 rep. **25 reps/ 3 sets**
4. LUNGES WITH TWIST TO FOOT With hands on hips step backward with your right into a deep lunge and reach your right hand down to your left foot. Return to start and switch legs to complete 1 rep. **25 reps/ 3 sets**
5. HEEL CLICKS With hands on hips and feet in a wide standing straddle, squat so that your bottom is level with your knees. Jump and extend legs and click your heels together in mid air and land back in a deep squat. **20 heel clicks/ 3 sets**
6. TIP TOE PLIÉ SQUAT With hands on your hips and feet wide squat so that your bottom is level with your knees. Keeping your deep squat, lift your heels off the ground so that you're on as much of your tip toes as possible. (Do not stand between toe plies. Keep your squat through out the entire set.) **15 reps/ 3 sets**  
-To make it harder, while on tip toes extend and straight legs, return to tip toe squat, then to heels.
7. DONKEY LIFTS On all fours lift your right heel to the sky so that your right leg makes a 90 degree angle. Your right hip to your knee should be

parallel to the ground. Lift heel to the sky. **20 donkey lifts each leg/ 3 sets**

8. DOG EXTENTIONS On all fours make a 90 degree angle with your right leg and lift your leg directly out to the side. Then straighten your leg so that your right leg is parallel to the ground. Bend your leg so that it makes the same 90 degree angle. Bring leg and knee back under your body with out touching the ground and repeat. (Your right knee should never touch the ground during the set.) **10 extensions each leg/ 3 sets**

- To make it harder lower your right foot slowly to the ground without touching the floor, then slowly raise your right leg up again so that it is parallel to the ground. Continue by returning to the 90 degree angle.

9. LUNGES WITH LIFT With hands on hips do walking lunges and lift your knee up as high as you can before the next lunge. **25 lunges each leg/ 3sets**

10. STEP UPS Step up on to a sturdy chair and lift the knee of the leg you are not standing on up as high as you can. Switch legs. **20 step ups each leg/ 3sets**

11. FORWARD, SIDE & BACK LIFTS With hands on hips stand on your left leg and lift your right leg up forward, then to the side, then behind to complete one rep. (Your leg should be straight with toe pointed. When lifting forward knee should face to the sky, when lifting to the side knee faces forward, when lifting your leg behind knee should face straight down.) **15 reps/ 3 sets**

12. HAMSTRING LIFTS Lay on your back with knees together and legs bent. Squeeze your knees and butt together as hard as you can and lift your hips as high as you can. Your feet should be under your knees and when extending and your shoulders to knees should make a straight line. **30 reps/ 3sets**

- To make it harder, while keeping knees together straighten one leg and perform hamstring lifts. (You can also try this technique with your bent leg on a chair.

13. WALL SITS With hands against the wall squat down so that your legs make a 90 degree angle and hold. **1 minute/ 3 sets**

14. CALF RAISES Toes together **20**, heels together **20**, regular **20**, each leg **15**

15. UP DOWNS **20 up downs/ 3 sets**

## **ARMS ANS SHOULDERS**

1. PUSH UPS WITH CHAIR With your feet on a chair keep a straight line from your shoulders to your feet and perform **15 push up/ 3 sets**

2. TRICEPS DIPS On a chair walk feet out far enough so when performing tricep dips your legs are straight. \*It's important that your hands are in close to your body and that when you dip down your arms make a 90 degree angle. **15 dips/ 3sets**

3. SHOULDER SHRUGS Kick up to a handstand against the wall and shrug your shoulders with your head in. DO NOT bend your arms. **10 shoulder shrugs/ 3 sets**
4. HANDSTAND HOLDS Hold your handstand with extended shoulders and tight abs with or without wall.
5. BUCKETS TO CANDLESTICKS While holding soup cans or water bottles, start with palms face down and lift arms straight out in front of you to shoulder height (buckets). Then rotate hands to candlesticks so that palms are facing in and open arms to a T position keeping palms turned in (candlesticks). Then rotate palms to face the sky and lift arms straight up to goal post. Then reverse. (Back to T position rotate palms, into buckets rotate palms, back to start.) **15 reps/ 3 sets**
6. ARM CIRCLES While holding soup cans or water bottles circle arms forward **50 times**, then backward **50 times**, then extend arms by ears and shrug shoulders **50 times**.
7. BRIDGE WITH FLY Rest head and shoulders on chair and make a straight line from shoulders to knee with legs bent and feet under knees. (Body is parallel to the ground.) While holding soup cans or water bottle extend arms out into a T with palms up, raise soup cans/ water bottles together with straight arms. **20 reps/ 3 sets**  
- To make it harder try doing these with one leg straight out.
8. TRICEP EXTENSIONS On all fours hold one soup can or water bottle and lift right elbow straight up by your side as high as you can. Keeping your elbow high and into your body, extend and straighten your arm. **15 extensions each arm/ 3 sets**
9. KNEE-UP WITH OVERHEAD PRESS Sit with knees bent and feet on floor, holding soup cans or water bottles near shoulders, elbows by sides, palms in. Lean back slightly and extend arms overhead as you lift feet a few inches off the floor and bring knees toward chest. **Hold position for 1 to 3 sec, then return to start. 15 reps/ 3 sets**