

What's New in Conditioning?

Success with Less

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I. INTRODUCTION

- A. Cheerleading requires these four physical components:
 1. Cardiovascular Endurance
 2. Strength Training
 3. Flexibility
 4. Skills and Drills

II. CARDIOVASCULAR ENDURANCE

- A. Do Cardio at least 3-4 times per week (~20 Min)
- B. Don't overdo it
- C. Gradually increase duration over time
- D. Rest in between
- E. Examples: Running, Sprints, Aerobics, Jumping Jacks, Jumping Rope, Stairs, Toe Touches

III. STRENGTH TRAINING

- A. Do Strength training 2 times per week if possible.
- B. Two Day Split: One day work lower body muscle groups, next day work upper body muscle groups.
- C. Examples: Free Weights, Kettle Bells, Plyometrics, Circuit Training

IV. FLEXIBILITY

- A. Vital for performing certain advanced or elite stunts
- B. Steps to increasing flexibility:
 1. Stretch everyday (Summer)
 2. Stretch during warm-ups
 3. Relax while stretching
 4. Stretch flyers in stunt groups (hold body position for Eight 8-counts and nudge)

V. SKILLS AND DRILLS

- A. Motion Sequence with weights
- B. Smile during drills
- C. Jump Technique
- D. Body Positions – hold on the ground or stunt stepper

VI. CHEER SPECIFIC CONDITIONING

- A. Try these for something different:
 1. Placement (Motions) – hold for 30 seconds
 2. Stunt Stamina – contest to see which stunt group can hold a particular stunt the longest
 3. Sharpness in Stunts – “Simon Says” in the air

- 4.1-2-3 Hit Drills
- 5.Zumba
- 6.P-90X
- 7.Insanity

VII. SAMPLE CONDITIONING SCHEDULE

Monday	Tuesday	Wednesday	Thursday	Friday
Jumping Jacks	Jumping Jacks	Jumping Jacks	Jumping Jacks	Jumping Jacks
Legs	Arms	Cardio	Legs	Arms
Wrists	Ankles	Sprints	Wrists	Ankles
Abs		Abs		Abs

Legs	Wrists
Multi jumps x 15	Wall push ups
Hopping side to side x 51	Wrist curls
Hopping front to back x 51	Stretch and roll wrists
Lunges x 25	
Jump rope x 5 min.	
Hold double lunge with "T" x 2 min	

Abs	Cardio - Running
Vacuumizing x 10	Step ups 10 min (or stairs if possible)
Crunches x 51	Sprints – up and backs 5-10 min.
Bicycles x 51	
Leg lifts x 20	Jumping jacks 100-250
Freeze and hold crunches	

Arms	Ankles
Push ups x 25	Inward roll x 15
Overhead press x 15	Outward roll x 15
Bench press x 15	Gas pedal – push/pull x 15
Bicep curl x 15	
Tricep x 15	
Basket toss swing x 15	
Dips x 10	

VIII. RESOURCES

A. Books

- 1. The Ultimate Guide to Cheerleading by Leslie Wilson
- 2. UCA Advisor/Coach Manual by UCA

B. Websites

- 1. www.beachbody.com/P90X
- 2. www.beachbody.com/Insanity-Workouts
- 3. www.zumba.com