

C	H	E	E	R
SCORPION	10 CHERRY PICKERS	30 SECONDS ON LEFT LEG	MIDDLE SPLITS	FACIALS
2 HURDLERS	ROUND OFF	GRAB YOUR BOW	10 JUMPING JACKS	LEFT SPLITS
RIGHT SPLITS	STRADDLE JUMP	FREE	10 LUNGES	CHEER SHOES
COACHES CHOICE	PIKE JUMP	EXTENSION	CARTWHEEL	FORWARD ROLL
30 SECONDS ON RIGHT LEG	15 BURPIES	HEEL STRETCH	TOE TOUCH	30 SECOND RUN ON SPOT

C	H	E	E	R
STRADDLE JUMP	10 JUMPING JACKS	MIDDLE SPLITS	2 HURDLERS	GRAB YOUR BOW
30 SECONDS ON LEFT LEG	TOE TOUCH	FACIALS	15 BURPIES	LEFT SPLITS
COACHES CHOICE	10 LUNGES	FREE	CHEER SHOES	10 CHERRY PICKERS
CARTWHEEL	HEEL STRETCH	SCORPION	30 SECOND RUN ON SPOT	PIKE JUMP
EXTENSION	FORWARD ROLL	RIGHT SPLITS	ROUND OFF	30 SECONDS ON RIGHT LEG

C	H	E	E	R
15 BURPIES	HEEL STRETCH	10 JUMPING JACKS	FORWARD ROLL	10 LUNGES
SCORPION	COACHES CHOICE	EXTENSION	ROUND OFF	FACIALS
RIGHT SPLITS	30 SECOND RUN ON SPOT	FREE	PIKE JUMP	CARTWHEEL
STRADDLE JUMP	LEFT SPLITS	MIDDLE SPLITS	TOE TOUCH	30 SECONDS ON LEFT LEG
CHEER SHOES	10 CHERRY PICKERS	GRAB YOUR BOW	2 HURDLERS	30 SECONDS ON RIGHT LEG