Lightning Elite Cheer
DAILY CAMP PREP PRACTICE- Do this once daily in order to be in shape for camp!

AEROBIC WARM-UP (any song, but traditionally Havanna)

CLAPS
CHASSE
FAST FEET
SKIP FWD
SKIP BWD
BUNNY HOP FWD
BUNNY HOP BWD
CHA CHA SLOW
CHA CHA FAST
PAS D’ BOUREE SLOW
PAS D’ BOUREE FAST
10 BURPEES
PLANK 3- EIGHT COUNTS
10 PUSHUPS FROM TOE
20 SIT UPS
20 V-UPS
HOLD V-UP 2 EIGHT COUNTS
END WITH BANANA ROLL

STRETCHES

10 MINS- GET YOUR SPLITS AND FRONT STRADDLE TO FLOOR

JUMPS (any song, but Greatest Showman is good)

 T JUMP
 TUCK JUMP
 TOE TOUCH
 PIKE
 KICKS RIGHT LEG- 4 EIGHT COUNTS
 KICKS LEFT LEG- 4 EIGHT COUNTS
 HURDLER LEG ONE
 HURDLER LEG TWO
 DOUBLE TOE TOUCH
 TOE TOUCH, PIKE
 PIKE, TOE TOUCH

TUMBLE

 STANDING AND RUNNING: FR, BR, CW, HS, RO, BWO, FWO, BHS
 CONNECTED: FR, CW, BWO. CW, BWO HS ROLL-OUT. RO, BWO OR BHS. HS, RO, BWR. FWO, CW, BWO.