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.