



Cheerleading Tryout Summer Fitness Preparation

In order to maximize your potential as a Cheer Squad member, you must have **Strength**. In order to move your body or body parts from point A to point B, you must have the **strength** to do so. Every year athletes are jumping higher, and getting stronger. The importance of coming into tryout season in the best shape possible is at the utmost priority. If you come into tryouts out of shape, you are already behind your competition that has been training for the whole summer. This is what separates the good cheer athlete from the mediocre athlete. Great cheer athletes come into tryout season in shape and only improve from then on. Remember you cannot cheer yourself into shape. You must prepare for yourself during June, July, and August.

The importance of employing a summer conditioning program for yourself is critical for the prevention of injuries. The following program will get you into the best shape possible for the upcoming tryout season. It is my hope to keep you injury free.

Summer Workout Ideas

You should aim to do these workouts at least three times a week throughout the summer.

Arm Workouts

20 Pushups
20 Triangle Pushups
40 Air Punches
20 Simultaneous arms lifts
20 Pushups
20 Triangle Pushups



Leg Workouts

20 squats
30 lunges
40 calf raises
40 sumo squats
50-second wall sit
100 Jumping Jacks