

Keys to a well-rounded conditioning program:

- ✚ Your athletes actively lift under resistance every time they stunt or tumble, so don't over-train the same movements. Instead, work on opposing lifting. i.e. front squat is the lift mimicked by bases during stunts. Train deadlifts. Adductors are working overtime every time they clean and train abductors. Train mimicking movements to increase strength out of season and correct form.
- ✚ Flexibility is required. Body positions do not translate to proper flexibility. Train flexibility into body positions and away.
- ✚ Most modern conditioning is geared towards men, keep that in mind. Some movements have more value than others simply because of the demographic of athletes. Instead of sit-ups work on tabletop planks, walking dead bugs, weighted marches, etc. that target the deep core or posterior chain. Anything advertised as ab exercises only covers a very small area and creates holes in strength and ability in an athlete.
- ✚ Train the small stuff. Most cheerleaders have some complaint of ankle, wrist, or lower back injuries/chronic soreness. Spend some time strengthening those areas and practicing taking impact in correct alignment to minimize injury over time. This can be done both out and in season.
- ✚ Cardiovascular ability is a MUST. The routine is 2:30 minutes, but you spend hours rehearsing and practicing. Having the ability to maintain the same performance the first run-through as the last is essential. Getting fatigued leads to a less polished look and over time potential for injury.

Top movements for bases:

1. Front squat/back squat
2. Walking overhead lunges
3. Farmer carry/dead hang from bar
4. Hang clean
5. Pushups
6. Push press
7. Cossack squats
8. Resistance band monster walks
9. Resistance band lateral squat walks
10. Hip bridge marches

Top movements for flyers:

1. Balance ball squats
2. Bulgarian split squats
3. Russian twists/lateral weighted ball toss
4. Hollow hold/superman
5. Squat jumps with weight/box jumps
6. Walking overhead carries
7. GHDs
8. Resistance band monster walks
9. resistance band lateral squat walks
10. RDLs

This is just a starting point. Most of these movements have benefits for both flyers and bases. All movements add to tumbling strength and control.