

Irish Cheer Workouts

Everyday:

Stretch- 30 sec. hold per stretch with point ankles

Warm-up:

10, 9, 8's

(30) High Knees

(30) Butt Kicks

LEG DAY: Monday/Wednesday

80 Kicks (40 on each leg) point toes

50 Squats

30 Second Wall Sits x2

30 Alternating lunges

10 Front kicks- pointed toes (arms in high V)

10 Burpees x3

20 Mountain Climbers x2

75 Calf raises

ABS & ARMS: Tuesday/ Thursday

50 Russian Twists

30 Crunches

40 Side Crunches

30 sec. Planks x4

30 sec. Straddle sit hold x4

STRETCH/FLEXIBILITY: Friday

60 sec. Splits - Right, Left, Center

25 Hip Flexors (straddle sit and lift legs) x2

60 sec. Straddle against wall

3 Bridges-Push through shoulders (10sec. each)

**** 30min. Run/walk TWICE a week**