**TRIPLE H**

**(Half Hour of Heck)**

* (10 mins) – Stretch (standard group)
* (5 mins) – Jumps
	+ toe touch
	+ “Coach’s Favorite”
	+ right straddle
	+ left straddle
	+ pike
	+ double nine
* (2 mins) – Arms & Core
	+ (30 secs) – push-ups
	+ (30 secs) – (partner’s turn while you rest)
	+ (30 secs) – crunches
	+ (30 secs) – (ptwyr)
* (2 mins) – Legs & Core
	+ (30 secs) – lunges
	+ (30 secs) – (ptwyr)
	+ (30 secs) – legs up crunch
	+ (30 secs) – (ptwyr)
* (2 mins) – Arms & Core II
	+ (30 secs) – High/Low V’s
	+ (30 secs) – (ptwyr)
	+ (30 secs) – scissor abs
	+ (30 secs) – (ptwyr)
* (2 mins) – Legs & Core II
	+ (30 secs) – dog lifts
	+ (30 secs) – (ptwyr)
	+ (30 secs) – free choice abs
	+ (30 secs) – (ptwyr)
* (2 mins) – Heart Healthy
	+ (30 secs) – jump rope OR Burpie
	+ (30 secs) – (ptwyr)
	+ (30 secs) – jump rope OR Burpie
	+ (30 secs) – (ptwyr)
* (5 mins) – Break/Get ready for practice

**\*\*Summer Conditioning Schedule**

**9:00-10:00**

* TRIPLE H
* (25 mins) – Walk/Run track (Couch to 5K routine) – You may bring music!
* (5 mins) – Cool Down/Break

**10:00-10:30**

* Stunt Techniques (Just learning the basics)
* Break!

**10:30-11:00**

* Cheer Technique
	+ Arm movement
	+ Feet movement
	+ Jumps – Need I say more?! ☺
* Break!

**11:00-11:30**

* (30 mins) –Cheers
* Break!

**11:30-12:00**

* (30 mins) – Chants
* Dismissal – Remember to have pick-up on time!

**Regular Practice Schedule**

**3:45-4:15**

* TRIPLE H

**4:15-4:45**

* Cheers
* 5 min break

**4:50-5:20**

* Chants
* Dances
* 5 min break

**5:25-5:43**

* Today’s recap

**5:43-5:45**

* Important 411
* Bring it in!
* On time dismissal and pick-up