









THE SWEATheart's #CHEERFITCHALLENGE

LET'S GET #CHEERFITSTRONG

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1 5 SQUAT JUMPS 5 PLANK LOVE TAPS 5 MOUNTAIN CLIMBERS 5 LOVE BOATS	2 5 SQUAT JUMPS 5 PLANK LOVE TAPS 5 MOUNTAIN CLIMBERS 5 LOVE BOATS	3 CHEERFIT CHALLENGE DAY  <hr/> How many PARTNER PUSHUPS can you do with your sweat-heart in 60 seconds? Share your results @cheerfittraining #cheerfitchallenge
4 CHEERFIT BOOTCAMP DAY	5 10 SQUAT JUMPS 10 PLANK LOVE TAPS 10 MOUNTAIN CLIMBERS	6 10 SQUAT JUMPS 10 PLANK LOVE TAPS 10 MOUNTAIN CLIMBERS	7 10 SQUAT JUMPS 10 PLANK LOVE TAPS 10 MOUNTAIN CLIMBERS	8 10 SQUAT JUMPS 10 PLANK LOVE TAPS 10 MOUNTAIN CLIMBERS	9 10 SQUAT JUMPS 10 PLANK LOVE TAPS 10 MOUNTAIN CLIMBERS	10 CHEERFIT CHALLENGE DAY  <hr/> How many BACK TO BACK POM

 <p>WWW. CHEERFITTRAINING.COM /STORE</p>	<p>10 LOVE BOATS</p>	<p>10 LOVE BOATS</p>	<p>10 LOVE BOATS</p>	<p>10 LOVE BOATS</p>	<p>10 LOVE BOATS</p>	<p>TWISTS can you do with your sweat-heart in 60 seconds?</p> <p>Share your results @cheerfittraining #cheerfitchallenge</p>
<p>11</p> <p>CHEERFIT BOOTCAMP DAY</p>  <p>WWW. CHEERFITTRAINING.COM /STORE</p>	<p>12</p> <p>15 SQUAT JUMPS 15 PLANK LOVE TAPS 15 MOUNTAIN CLIMBERS 15 LOVE BOATS</p>	<p>13</p> <p>15 SQUAT JUMPS 15 PLANK LOVE TAPS 15 MOUNTAIN CLIMBERS 15 LOVE BOATS</p>	<p>14</p> <p>15 SQUAT JUMPS 15 PLANK LOVE TAPS 15 MOUNTAIN CLIMBERS 15 LOVE BOATS</p>	<p>15</p> <p>15 SQUAT JUMPS 15 PLANK LOVE TAPS 15 MOUNTAIN CLIMBERS 15 LOVE BOATS</p>	<p>16</p> <p>15 SQUAT JUMPS 15 PLANK LOVE TAPS 15 MOUNTAIN CLIMBERS 15 LOVE BOATS</p>	<p>17</p> <p>CHEERFIT CHALLENGE DAY</p>  <p>How many PARTNER LUNGES can you do with your sweat-heart in 60 seconds?</p> <p>Share your results @cheerfittraining #cheerfitchallenge</p>

<p>18</p> <p>CHEERFIT BOOTCAMP DAY</p>  <p>WWW. CHEERFITTRAINING.COM /STORE</p>	<p>19</p> <p>20 SQUAT JUMPS 20 PLANK LOVE TAPS 20 MOUNTAIN CLIMBERS 20 LOVE BOATS</p>	<p>20</p> <p>20 SQUAT JUMPS 20 PLANK LOVE TAPS 20 MOUNTAIN CLIMBERS 20 LOVE BOATS</p>	<p>21</p> <p>20 SQUAT JUMPS 20 PLANK LOVE TAPS 20 MOUNTAIN CLIMBERS 20 LOVE BOATS</p>	<p>22</p> <p>20 SQUAT JUMPS 20 PLANK LOVE TAPS 20 MOUNTAIN CLIMBERS 20 LOVE BOATS</p>	<p>23</p> <p>20 SQUAT JUMPS 20 PLANK LOVE TAPS 20 MOUNTAIN CLIMBERS 20 LOVE BOATS</p>	<p>24</p> <p>CHEERFIT CHALLENGE DAY</p>  <p>How many PARTNER JUMP SQUATS can you do with your sweat-heart in 60 seconds?</p> <p>Share your results @cheerfittraining #cheerfitchallenge</p>
<p>25</p> <p>CHEERFIT BOOTCAMP DAY</p>  <p>WWW. CHEERFITTRAINING.COM /STORE</p>	<p>26</p> <p>25 SQUAT JUMPS 25 PLANK LOVE TAPS 25 MOUNTAIN CLIMBERS 25 LOVE BOATS</p>	<p>27</p> <p>25 SQUAT JUMPS 25 PLANK LOVE TAPS 25 MOUNTAIN CLIMBERS 25 LOVE BOATS</p>	<p>28</p> <p>25 SQUAT JUMPS 25 PLANK LOVE TAPS 25 MOUNTAIN CLIMBERS 25 LOVE BOATS</p>			

CONGRATS ON GETTING CHEERFITSTRONG!

