

THE NEW YEAR'S #CHEERFITCHALLENGE

LET'S GET #CHEERFITSTRONG

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	<p>1</p> <p>5 PLANK PUSH UPS</p> <p>5 BURPEES</p> <p>5 SPLIT SQUAT BALANCES</p> <p>5 NEGATIVE CRUNCHES</p>	<p>2</p> <p>5 PLANK PUSH UPS</p> <p>5 BURPEES</p> <p>5 SPLIT SQUAT BALANCES</p> <p>5 NEGATIVE CRUNCHES</p>	<p>3</p> <p>5 PLANK PUSH UPS</p> <p>5 BURPEES</p> <p>5 SPLIT SQUAT BALANCES</p> <p>5 NEGATIVE CRUNCHES</p>	<p>4</p> <p>5 PLANK PUSH UPS</p> <p>5 BURPEES</p> <p>5 SPLIT SQUAT BALANCES</p> <p>5 NEGATIVE CRUNCHES</p>	<p>5</p> <p>5 PLANK PUSH UPS</p> <p>5 BURPEES</p> <p>5 SPLIT SQUAT BALANCES</p> <p>5 NEGATIVE CRUNCHES</p>	<p>6</p> <p>CHEERFIT CHALLENGE DAY</p> <hr/> <p>How many TUCK JUMPS can you do in 60 seconds?</p> <p>Share your results @cheerfittraining #cheerfitchallenge</p>
<p>7</p> <p>REST DAY</p>	<p>8</p> <p>10 PLANK PUSH UPS</p> <p>10 BURPEES</p> <p>10 SPLIT SQUAT BALANCES</p> <p>10 NEGATIVE CRUNCHES</p>	<p>9</p> <p>10 PLANK PUSH UPS</p> <p>10 BURPEES</p> <p>10 SPLIT SQUAT BALANCES</p> <p>10 NEGATIVE CRUNCHES</p>	<p>10</p> <p>10 PLANK PUSH UPS</p> <p>10 BURPEES</p> <p>10 SPLIT SQUAT BALANCES</p> <p>10 NEGATIVE CRUNCHES</p>	<p>11</p> <p>10 PLANK PUSH UPS</p> <p>10 BURPEES</p> <p>10 SPLIT SQUAT BALANCES</p> <p>10 NEGATIVE CRUNCHES</p>	<p>12</p> <p>10 PLANK PUSH UPS</p> <p>10 BURPEES</p> <p>10 SPLIT SQUAT BALANCES</p> <p>10 NEGATIVE CRUNCHES</p>	<p>13</p> <p>CHEERFIT CHALLENGE DAY</p> <hr/> <p>How many BURPEES can you do in 60 seconds?</p> <p>Share your results @cheerfittraining #cheerfitchallenge</p>

14 REST DAY	15 15 PLANK PUSH UPS 15 BURPEES 15 SPLIT SQUAT BALANCES 15 NEGATIVE CRUNCHES	16 15 PLANK PUSH UPS 15 BURPEES 15 SPLIT SQUAT BALANCES 15 NEGATIVE CRUNCHES	17 15 PLANK PUSH UPS 15 BURPEES 15 SPLIT SQUAT BALANCES 15 NEGATIVE CRUNCHES	18 15 PLANK PUSH UPS 15 BURPEES 15 SPLIT SQUAT BALANCES 15 NEGATIVE CRUNCHES	19 15 PLANK PUSH UPS 15 BURPEES 15 SPLIT SQUAT BALANCES 15 NEGATIVE CRUNCHES	20 CHEERFIT CHALLENGE DAY How many TWIST & SHOUTS can you do in 60 seconds? Share your results @cheerfittraining #cheerfitchallenge
21 REST DAY	22 20 PLANK PUSH UPS 20 BURPEES 20 SPLIT SQUAT BALANCES 20 NEGATIVE CRUNCHES	23 20 PLANK PUSH UPS 20 BURPEES 20 SPLIT SQUAT BALANCES 20 NEGATIVE CRUNCHES	24 20 PLANK PUSH UPS 20 BURPEES 20 SPLIT SQUAT BALANCES 20 NEGATIVE CRUNCHES	24 20 PLANK PUSH UPS 20 BURPEES 20 SPLIT SQUAT BALANCES 20 NEGATIVE CRUNCHES	26 20 PLANK PUSH UPS 20 BURPEES 20 SPLIT SQUAT BALANCES 20 NEGATIVE CRUNCHES	27 CHEERFIT CHALLENGE DAY How many JUMP SQUATS can you do in 60 seconds? Share your results @cheerfittraining #cheerfitchallenge

28 REST DAY	29 25 PLANK PUSH UPS 25 BURPEES 25 SPLIT SQUAT BALANCES 25 NEGATIVE CRUNCHES	30 25 PLANK PUSH UPS 25 BURPEES 25 SPLIT SQUAT BALANCES 25 NEGATIVE CRUNCHES	31 25 PLANK PUSH UPS 25 BURPEES 25 SPLIT SQUAT BALANCES 25 NEGATIVE CRUNCHES			

CONGRATS ON GETTING CHEERFITSTRONG!

