





Join the Movement

#CHEERFITSTRONG

THE #CHEERFITSTRONG CHALLENGE

| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|-----------------------------------|--------------------------|--------------------------|--------------------------|--|--|---|
| | | | | 1 5 INCHWORM PUSHUPS 5 BURPEES 5 MOUNTAIN CLIMBERS 5 NEGATIVE CRUNCHES | 2 5 INCHWORM PUSHUPS 5 BURPEES 5 MOUNTAIN CLIMBERS 5 NEGATIVE CRUNCHES | 3 CHEERFIT CHALLENGE DAY  rock your #CHEERFITSTRONG <hr/> How many PLANK PUSHUPS can you do in 60 seconds? Share your results @cheerfittraining #cheerfitchallenge |
| 4 CHEERFIT BOOTCAMP DAY | 5 10 INCHWORM PUSHUPS | 6 10 INCHWORM PUSHUPS | 7 10 INCHWORM PUSHUPS | 8 10 INCHWORM PUSHUPS | 9 10 INCHWORM PUSHUPS | 10 CHEERFIT CHALLENGE DAY |

| | | | | | |
|---|---|---|---|---|---|
|  <p>WWW. CHEERFITTRAINING.COM/STO RE</p> | <p>10 BURPEES 10 MOUNTAIN CLIMBERS 10 NEGATIVE CRUNCHES</p> | <p>10 BURPEES 10 MOUNTAIN CLIMBERS 10 NEGATIVE CRUNCHES</p> | <p>10 BURPEES 10 MOUNTAIN CLIMBERS 10 NEGATIVE CRUNCHES</p> | <p>10 BURPEES 10 MOUNTAIN CLIMBERS 10 NEGATIVE CRUNCHES</p> | <p>10 BURPEES 10 MOUNTAIN CLIMBERS 10 NEGATIVE CRUNCHES</p> |
| <p>11</p> <p>CHEERFIT BOOTCAMP DAY</p>  <p>WWW. CHEERFITTRAINING.COM/STO RE</p> | <p>12</p> <p>15 INCHWORM PUSHUPS 15 BURPEES 15 MOUNTAIN CLIMBERS 15 NEGATIVE CRUNCHES</p> | <p>13</p> <p>15 INCHWORM PUSHUPS 15 BURPEES 15 MOUNTAIN CLIMBERS 15 NEGATIVE CRUNCHES</p> | <p>14</p> <p>15 INCHWORM PUSHUPS 15 BURPEES 15 MOUNTAIN CLIMBERS 15 NEGATIVE CRUNCHES</p> | <p>15</p> <p>15 INCHWORM PUSHUPS 15 BURPEES 15 MOUNTAIN CLIMBERS 15 NEGATIVE CRUNCHES</p> | <p>16</p> <p>15 INCHWORM PUSHUPS 15 BURPEES 15 MOUNTAIN CLIMBERS 15 NEGATIVE CRUNCHES</p> |
| <p>18</p> <p>CHEERFIT BOOTCAMP DAY</p>  <p>WWW. CHEERFITTRAINING.COM/STO RE</p> | <p>19</p> <p>20 INCHWORM PUSHUPS 20 BURPEES 20 MOUNTAIN CLIMBERS 20 NEGATIVE CRUNCHES</p> | <p>20</p> <p>20 INCHWORM PUSHUPS 20 BURPEES 20 MOUNTAIN CLIMBERS 20 NEGATIVE CRUNCHES</p> | <p>21</p> <p>20 INCHWORM PUSHUPS 20 BURPEES 20 MOUNTAIN CLIMBERS 20 NEGATIVE CRUNCHES</p> | <p>22</p> <p>20 INCHWORM PUSHUPS 20 BURPEES 20 MOUNTAIN CLIMBERS 20 NEGATIVE CRUNCHES</p> | <p>23</p> <p>20 INCHWORM PUSHUPS 20 BURPEES 20 MOUNTAIN CLIMBERS 20 NEGATIVE CRUNCHES</p> |

 **rock your**
#CHEERFITSTRONG

How many **TUCK
JUMPS** can you do in
60 seconds?

Share your results
@cheerfittraining
#cheerfitchallenge

17

**CHEERFIT
CHALLENGE DAY**

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How many **TURKSIH
GET UPS** can you do
in 60 seconds?

Share your results
@cheerfittraining
#cheerfitchallenge


24

**CHEERFIT
CHALLENGE DAY**

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How many **TURBO
LUNGES** can you do
in 60 seconds?

Share your results
@cheerfittraining

| | | | | | |
|---|---|---|---|---|---|
| <p>25</p> <p>CHEERFIT BOOTCAMP DAY</p>  <p>WWW. CHEERFITTRAINING.COM/STO RE</p> | <p>26</p> <p>25 INCHWORM PUSHUPS 25 BURPEES 25 MOUNTAIN CLIMBERS 25 NEGATIVE CRUNCHES</p> | <p>27</p> <p>25 INCHWORM PUSHUPS 25 BURPEES 25 MOUNTAIN CLIMBERS 25 NEGATIVE CRUNCHES</p> | <p>28</p> <p>25 INCHWORM PUSHUPS 25 BURPEES 25 MOUNTAIN CLIMBERS 25 NEGATIVE CRUNCHES</p> | <p>29</p> <p>25 INCHWORM PUSHUPS 25 BURPEES 25 MOUNTAIN CLIMBERS 25 NEGATIVE CRUNCHES</p> | <p>30</p> <p>25 INCHWORM PUSHUPS 25 BURPEES 25 MOUNTAIN CLIMBERS 25 NEGATIVE CRUNCHES</p> |
|---|---|---|---|---|---|

31

How many **BICYCLE CRUNCHES** can you do in 60 seconds?

Share your results
@cheerfittraining
#cheerfitchallenge

CONGRATS ON GETTING CHEERFITSTRONG!

