

CHEERFIT™

ADVANCE YOUR FLEXIBILITY IN 5-DAYS

LAUNCHING JUNE 25TH

MONDAY

- ❑ **DAY 1:** 5 Ways to Become More Flexible
- ❑ **7PM est:** Tune into the Facebook Group for a LIVE ...
WORKOUT CLASS / Q & A SESSION
Via: [Challenge Facebook Group](#)

TUESDAY

- ❑ **DAY 2:** Body Control & Flexibility for Needles, Scorpions, and Heel Stretches
- ❑ **7PM est:** Tune into the Facebook Group for a LIVE ...
WORKOUT CLASS / Q & A SESSION
Via: [Challenge Facebook Group](#)

WEDNESDAY

- ❑ **DAY 3:** Flexibility for Jumps
- ❑ **7PM est:** Tune into the Facebook Group for a LIVE ...
WORKOUT CLASS / Q & A SESSION
Via: [Challenge Facebook Group](#)

THURSDAY

- ❑ **DAY 4:** Top 5 Flexibility Exercises for Cheerleader
- ❑ **7PM est:** Tune into the Facebook Group for a LIVE ...
WORKOUT CLASS / Q & A SESSION
Via: [Challenge Facebook Group](#)

FRIDAY

- ❑ **DAY 5:** Our Favorite Flexibility Exercises & Tips
- ❑ **7PM est:** Tune into the Facebook Group for our LIVE
BONUS ANNOUNCEMENT ...
WORKOUT CLASS / Q & A SESSION
Via: [Challenge Facebook Group](#)