



AUGUST CHEERFIT™

WORKOUT SCHEDULE

USE THIS TO TRACK YOUR PROGRESS AND SEE YOUR SUCCESS! 📸 SNAP A PIC AND TAG US @CHEERFITTRAINING

WEEK

MONDAY:
BURPEES

TUESDAY:
FIT TIP

WEDNESDAY:
WORKOUT
WEDNESDAY

THURSDAY:
PLANKS

FRIDAY:
FAVORITE
CHEERFIT
EXERCISE

WEEK 1

WORKOUT PLAN
VISIT THE CHEERFIT CLUB



#AMBASSADORPERKS

HOLD FOR
30 SEC

5 REPS

WEEK 2

10 REPS

THE BACK
BANDSPRING
WORKOUT

*VIDEO @CHEERFITTRAINING

WORKOUT PLAN
VISIT THE CHEERFIT CLUB

#AMBASSADORPERKS

HOLD FOR
35 SEC

10 REPS

WEEK 3

15 REPS

THE
BACK TUCK
WORKOUT

*VIDEO @CHEERFITTRAINING

WORKOUT PLAN
VISIT THE CHEERFIT CLUB

#AMBASSADORPERKS

HOLD FOR
40 SEC

15 REPS

WEEK 4

20 REPS

HOW TO
CONNECT YOUR
TUMBLING

*VIDEO @CHEERFITTRAINING

WORKOUT PLAN
VISIT THE CHEERFIT CLUB

#AMBASSADORPERKS

HOLD FOR
45 SEC

20 REPS

WEEK 5

25 REPS

BUST THROUGH
YOUR MENTAL
BLOCK

*VIDEO @CHEERFITTRAINING

WORKOUT PLAN
VISIT THE CHEERFIT CLUB

#AMBASSADORPERKS

HOLD FOR
50 SEC

25 REPS

CHEERFIT™

#CHEERFITSTRONG

CHEERFITTRAINING.COM



CHEERFITTRAINING.COM