

# CHEERFIT™

## WEEKLY WORKOUT SCHEDULE

### JULY: JUMP SERIES

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#### MONDAY

- REST DAY

#### TUESDAY

- WORKOUT PARTY

\*Watch live on IG (@cheerfittraining 6pm est) or tune into CHEERFIT TV for a replay)

\*[CLICK HERE FOR REPLAY](#)

#### WEDNESDAY

- WORKOUT WEDNESDAY

\*[CLICK HERE FOR NEW WEEKLY WORKOUT PLAN](#)

- July 4th:** Power exercises to improve your JUMP HEIGHT
- July 11th:** Top 4 exercises to get the perfect toe touch
- July 18th:** Workout to Improve your JUMP TECHNIQUE
- July 25th:** Flexibility for JUMPS

#### THURSDAY

- IG TV

\*Watch the newest episode on IG TV - each week we will be sharing new tips to improve your jumps

#### FRIDAY

- PICK YOUR FAVORITE BONUS WORKOUTS

\*Snap a flex selfie and TAG us @cheerfittraining

#### SATURDAY

- REST DAY

#### SUNDAY

- CHEERFIT BOOTCAMP DVD (optional)