



## Buccaneer Cheerleading Summer Conditioning Challenge

Complete the activities below between June 1<sup>st</sup> and August 1<sup>st</sup> to achieve the rewards listed below. Evidence can be submitted in one of three ways: 1) upload to social media with #buccheerchallenge 2) send a video or photo to the remind group @HOB Cheer, or 3) have a parent or coach validate. Although participation is not mandatory, it is strongly encouraged to prepare you for an action-packed season.

Activity	Repetitions	Points Awarded
Complete the Daily Circuit	1x	2
Run, swim, or bike 2 miles	1x	2
Play a sport (your choice)	1 hour (or more)	3
Learn a new Skill	1x	4
Complete any of the above with a friend or teammate	1x	Triple points

## Reward Chart

Total Points:	Reward:
15 points	Bucs Cheer Bow
25 points	Bucs Cheer T-Shirt
35 points	Lunch delivered to practice
50 points Plus	Dinner and Movie Night
If the whole team participates and accumulate at least 30 points each, The coaches will host a Beach BBQ for you and your families.	



### Conditioning Circuit

Please remember to warm up and stretch before completing any of the exercises below.

#### **Option A:**

*Repeat Three times*

- 25 squats
- 15 push ups
- 25 mountain climbers (each leg)
- 30 sit ups
- Wall Sit for 60 seconds (at parallel)

#### **Option B:**

*Repeat two times*

- 20 push ups
- 10 handstand walks or handstand wall climbs
- 60 second plank
- 30 oblique sit ups (each side)

#### **Option C:**

As many as possible in 10 minutes

- 25 sit ups
- 25 mountain climbers
- 25 bicycle crunches
- 25 leg lifts

#### **Option D:**

*Repeat four times*

- 15 lunges (each leg)
- 10 Burpee broad jumps
- 60 second plank
- 15 Superman holds for 10 seconds each
- 15 hollow holds for 5 seconds each

#### **Option E:**

Repeat three times

- Balance in half moon pose for 60 seconds each leg
- 15 push ups
- 20 squats
- 100 jump ropes or Run in place for 60 seconds
- 5 of each: T Jump, tuck Jump, Left and Right Hurdlers