



HUDSON CHEER AND STUNT

AT-HOME STRENGTH – Week 2

SQUAT TO PARALLEL hold for 1-2 minutes

2 FOOT – STAIRS SQUAT JUMP

1 FOOT – STAIRS JUMP

PUSHUP 10

TRICEP DIP 20

PLANK HOLD 60 SECONDS

REPEAT 5 TIMES

CANDLESTICK + STAND UP (2 OR 1 FOOT JUMP) 20

LUNGE HOLD - 60 SECONDS EACH SIDE – ARMS ABOVE HEAD

STRADDLE LEG CIRCLES - 20 TURNS BACKWARD

ABDOMINAL CRUNCH 100

REPEAT 5 TIMES

STANDING LEG LIFTS – (SPEED UP/DOWN) 20 EACH SIDE

BENT OVER SIDE LEG LIFT 20 EACH SIDE

BENT OVER – LEG HOLD 90 SECONDS EACH SIDE

STAIRS – 2 FOOT SQUAT JUMP

PLANK HOLD 60 SECONDS

REPEAT 5 TIMES