



ATHLETICS

KENTUCKY CHEER DYNAMIC WARM UP

Front of the mat:

- High Knees down and back
- Butt Kicks down and back
- Side Shuffle/ arm swings down and back
- Karaoke down and back
- Quad Pull/Reach to toes
- Leg kicks forward and back
- Hip/Hamstring Stretch
- Lunge reach back / twists
- Lunge elbow to ground / open arm
- Lunge kicks
- Side to Side Lunges
- Inchworm, push up: DO NOT CHEAT or take any steps in between!
- Arm circles forward
- Arm circles backward
- Arms cross body
- Touch fingers behind back

On the mat:

- Wrists
- Calf Stretch: 10x each leg
- Leg swings: 5x each
- Plank hold: 1 minute
- Handstand hold: 1 minute

Edge of the Mat (everyone hold hands)

- Calf raises 25 x (everybody counts!)

Before Run Warm Up on the Wall:

- Hamstring/ Toe Touch
- Quad Pull
- Figure 4 Pull UP
- Leg Swings Side to Side 5x
- Leg Swings front to back 5x

UNIVERSITY OF KENTUCKY ATHLETICS

Joe Craft Center • 338 Lexington Avenue • Lexington, KY 40506-0604

UKathletics.com

An Equal Opportunity University



KENTUCKY CHEER COOL DOWN

Individual Stretches:

- Left Hip Flexor Stretch (15 seconds)
- Left Hamstring Stretch (15 Seconds)
- Left Split (30 Seconds)
- Right Hip Flexor Stretch (15 seconds)
- Right Hamstring Stretch (15 Seconds)
- Right Split (30 Seconds)
- Middle Split (30 Seconds)

Partner Stretches:

- Stretch and opposite Stretch
- Arms behind
- Arms out
- Arms Across

UNIVERSITY OF KENTUCKY ATHLETICS

Joe Craft Center • 338 Lexington Avenue • Lexington, KY 40506-0604

UKathletics.com

An Equal Opportunity University