

TRAINING

Flexibility & Mobility: A Daily Routine

A simple daily routine to build the flexibility cheer demands — safely, over time.

Flexibility is built with consistency, not force. A few focused minutes a day beats an occasional aggressive session.

Warm up first

Never stretch cold muscles. A few minutes of light movement raises your body temperature and makes stretching safer and more effective.

Daily targets

Focus on hips, shoulders, and back — the areas cheer demands most. Hold stretches gently, breathe, and never bounce into pain.

Progress patiently

Flexibility gains take weeks and months. Pushing too hard risks injury and sets you back further than going slow ever would.
