



# CHEERFIT

## BONUS STRETCH SERIES

USE THIS TO TRACK YOUR PROGRESS AND SEE YOUR SUCCESS! 📸 SNAP A PIC AND TAG US @CHEERFITTRAINING

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|--|--|--|--|--|--|--|
| <input type="checkbox"/> HAMSTRING STRETCH<br><input type="checkbox"/> SHOULDER STRETCH<br><input type="checkbox"/> STRETCH SERIES<br>HOLD FOR 30 SECONDS                              | <input checked="" type="checkbox"/> LOWER BACK STRETCH<br><input checked="" type="checkbox"/> SIDE STRETCH<br><input checked="" type="checkbox"/> SPLIT STRETCH<br>HOLD FOR 30 SECONDS | <input type="checkbox"/> HAMSTRING STRETCH<br><input type="checkbox"/> SHOULDER STRETCH<br><input type="checkbox"/> STRETCH SERIES<br>HOLD FOR 30 SECONDS                              | <input checked="" type="checkbox"/> LOWER BACK STRETCH<br><input checked="" type="checkbox"/> SIDE STRETCH<br><input checked="" type="checkbox"/> SPLIT STRETCH<br>HOLD FOR 30 SECONDS | <input type="checkbox"/> HAMSTRING STRETCH<br><input type="checkbox"/> SHOULDER STRETCH<br><input type="checkbox"/> STRETCH SERIES<br>HOLD FOR 30 SECONDS                              | <input checked="" type="checkbox"/> LOWER BACK STRETCH<br><input checked="" type="checkbox"/> SIDE STRETCH<br><input checked="" type="checkbox"/> SPLIT STRETCH<br>HOLD FOR 30 SECONDS | <input type="checkbox"/> HAMSTRING STRETCH<br><input type="checkbox"/> SHOULDER STRETCH<br><input type="checkbox"/> STRETCH SERIES<br>HOLD FOR 30 SECONDS                              |
| <input checked="" type="checkbox"/> LOWER BACK STRETCH<br><input checked="" type="checkbox"/> SIDE STRETCH<br><input checked="" type="checkbox"/> SPLIT STRETCH<br>HOLD FOR 40 SECONDS | <input type="checkbox"/> HAMSTRING STRETCH<br><input type="checkbox"/> SHOULDER STRETCH<br><input type="checkbox"/> STRETCH SERIES<br>HOLD FOR 40 SECONDS                              | <input checked="" type="checkbox"/> LOWER BACK STRETCH<br><input checked="" type="checkbox"/> SIDE STRETCH<br><input checked="" type="checkbox"/> SPLIT STRETCH<br>HOLD FOR 40 SECONDS | <input type="checkbox"/> HAMSTRING STRETCH<br><input type="checkbox"/> SHOULDER STRETCH<br><input type="checkbox"/> STRETCH SERIES<br>HOLD FOR 40 SECONDS                              | <input checked="" type="checkbox"/> LOWER BACK STRETCH<br><input checked="" type="checkbox"/> SIDE STRETCH<br><input checked="" type="checkbox"/> SPLIT STRETCH<br>HOLD FOR 40 SECONDS | <input type="checkbox"/> HAMSTRING STRETCH<br><input type="checkbox"/> SHOULDER STRETCH<br><input type="checkbox"/> STRETCH SERIES<br>HOLD FOR 40 SECONDS                              | <input checked="" type="checkbox"/> LOWER BACK STRETCH<br><input checked="" type="checkbox"/> SIDE STRETCH<br><input checked="" type="checkbox"/> SPLIT STRETCH<br>HOLD FOR 40 SECONDS |
| <input type="checkbox"/> HAMSTRING STRETCH<br><input type="checkbox"/> SHOULDER STRETCH<br><input type="checkbox"/> STRETCH SERIES<br>HOLD FOR 50 SECONDS                              | <input checked="" type="checkbox"/> LOWER BACK STRETCH<br><input checked="" type="checkbox"/> SIDE STRETCH<br><input checked="" type="checkbox"/> SPLIT STRETCH<br>HOLD FOR 50 SECONDS | <input type="checkbox"/> HAMSTRING STRETCH<br><input type="checkbox"/> SHOULDER STRETCH<br><input type="checkbox"/> STRETCH SERIES<br>HOLD FOR 50 SECONDS                              | <input checked="" type="checkbox"/> LOWER BACK STRETCH<br><input checked="" type="checkbox"/> SIDE STRETCH<br><input checked="" type="checkbox"/> SPLIT STRETCH<br>HOLD FOR 50 SECONDS | <input type="checkbox"/> HAMSTRING STRETCH<br><input type="checkbox"/> SHOULDER STRETCH<br><input type="checkbox"/> STRETCH SERIES<br>HOLD FOR 50 SECONDS                              | <input checked="" type="checkbox"/> LOWER BACK STRETCH<br><input checked="" type="checkbox"/> SIDE STRETCH<br><input checked="" type="checkbox"/> SPLIT STRETCH<br>HOLD FOR 50 SECONDS | <input type="checkbox"/> HAMSTRING STRETCH<br><input type="checkbox"/> SHOULDER STRETCH<br><input type="checkbox"/> STRETCH SERIES<br>HOLD FOR 50 SECONDS                              |
| <input checked="" type="checkbox"/> LOWER BACK STRETCH<br><input checked="" type="checkbox"/> SIDE STRETCH<br><input checked="" type="checkbox"/> SPLIT STRETCH<br>HOLD FOR 60 SECONDS | <input type="checkbox"/> HAMSTRING STRETCH<br><input type="checkbox"/> SHOULDER STRETCH<br><input type="checkbox"/> STRETCH SERIES<br>HOLD FOR 60 SECONDS                              | <input checked="" type="checkbox"/> LOWER BACK STRETCH<br><input checked="" type="checkbox"/> SIDE STRETCH<br><input checked="" type="checkbox"/> SPLIT STRETCH<br>HOLD FOR 60 SECONDS | <input type="checkbox"/> HAMSTRING STRETCH<br><input type="checkbox"/> SHOULDER STRETCH<br><input type="checkbox"/> STRETCH SERIES<br>HOLD FOR 60 SECONDS                              | <input checked="" type="checkbox"/> LOWER BACK STRETCH<br><input checked="" type="checkbox"/> SIDE STRETCH<br><input checked="" type="checkbox"/> SPLIT STRETCH<br>HOLD FOR 60 SECONDS | <input type="checkbox"/> HAMSTRING STRETCH<br><input type="checkbox"/> SHOULDER STRETCH<br><input type="checkbox"/> STRETCH SERIES<br>HOLD FOR 60 SECONDS                              | <input checked="" type="checkbox"/> LOWER BACK STRETCH<br><input checked="" type="checkbox"/> SIDE STRETCH<br><input checked="" type="checkbox"/> SPLIT STRETCH<br>HOLD FOR 60 SECONDS |
| <input type="checkbox"/> HAMSTRING STRETCH<br><input type="checkbox"/> SHOULDER STRETCH<br><input type="checkbox"/> STRETCH SERIES<br>HOLD FOR 70 SECONDS                              | <input checked="" type="checkbox"/> LOWER BACK STRETCH<br><input checked="" type="checkbox"/> SIDE STRETCH<br><input checked="" type="checkbox"/> SPLIT STRETCH<br>HOLD FOR 70 SECONDS | <p><b>* SHARE YOUR WORKOUT!</b></p> <p>Tag US ON IG:<br/>         @CHEERFITTRAINING<br/>         #CHEERFITSTRONG</p>   |  | <p><b>CHEERFIT</b><br/>         #CHEERFITCHALLENGE<br/>         CHEERFITTRAINING.COM</p>   |  |  |