

PNKE LABS

A FREE STRENGTH PROGRAM FOR CHEERLEADERS

7 DAYS TO STRONGER STUNTS

A simple, no-equipment plan to build the strength behind every jump, base, and landing — in one short week.

WELCOME

STUNTS GET STRONGER WHEN ATHLETES DO.

PNKE Labs is a training app built for athletes — with a deep library of programs spanning strength, flyer foundations, ab challenges, rehab, and movement quality. Written by coaches. Designed for the gym, the lounge floor, or anywhere else an athlete can find a few square feet.

This 7-day program is a starting point. It uses no equipment, takes 15–25 minutes a day, and trains the foundations every cheerleader needs: strong legs, a stable core, steady shoulders, and the kind of body control that makes stunts feel solid.

By Day 7, athletes won't be transformed — but they will feel it. Squats will be stronger. Holds will be steadier. Jumps will land cleaner. The body remembers what it trains, and a week of consistent work is more than enough to start.

WHO IT'S FOR

Cheerleaders of any level — flyers, bases, backs, and tumblers — looking to build a stronger off-mat foundation.

WHAT IT COSTS

Nothing. No gym, no weights, no app required. Just a bit of floor space and seven days of showing up.

HOW IT WORKS

READ THIS BEFORE DAY 1.

Each day follows the same shape so the workouts are easy to read and quick to start.

01

Warm-up first

Three quick movements — about 3 minutes — to wake the body up and lower injury risk.

02

Main set, 5 moves

The heart of the workout. Each move has a target (reps or time) and one coach cue to focus on.

03

Cooldown

One or two stretches at the end. Skipping these is fine some days — but consistency pays off.

04

Today's win

Each day ends with a one-line reminder of what the athlete just earned. Read it. It matters.

SCALING THE WORK

Too easy? Slow every rep down. A 3-second lower turns most exercises into a different beast.

Too hard? Cut reps in half, or rest longer between exercises. Showing up beats burning out.

Soreness? Normal in the first few days. Sharp pain is not — stop and rest if anything pinches or stings.

DAY 01

LOWER BODY FOUNDATIONS

TIME
~20 min

FOCUS
Legs · Glutes

WARM-UP · ~3 MIN

Star jumps	20 reps
High knees	20 reps
Glute bridges	15 reps

MAIN SET · 3 ROUNDS

Rest 30–45 seconds between rounds.

1	Bodyweight Squat Chest up. Knees track over toes. Stand up strong.	12 reps
2	Reverse Lunge Step back. Stay tall. Push back up.	10 each leg
3	Glute Bridge Squeeze at the top. Ribs down.	15 reps
4	Single Leg Bridge Hips level. Drive through the heel.	10 each leg
5	Calf Raises Lift up high. Slow down on the way back.	20 reps

COOLDOWN · ~2 MIN

Forward fold	30 sec
Hip flexor stretch	30 sec each

TODAY'S WIN

Strong legs are the base of every stunt. Day 1 — done.

DAY 02

CORE STRENGTH

TIME
~20 min

FOCUS
Core · Body Shape

WARM-UP · ~3 MIN

Star jumps	20 reps
Mountain climbers	20 sec
Bird dog	6 each side

MAIN SET · 3 ROUNDS

Rest 30 seconds between rounds. Quality reps over fast reps.

1	Plank Strong straight body. Ribs down. Squeeze glutes.	30 sec
2	Hollow Hold Back pressed into the floor. Arms by ears.	20 sec
3	Leg Lever Lower back stays down. Slow control.	10 reps
4	Side Plank Hips lifted. Stay long.	25 sec each
5	Tuck Rocks Stay tight. Same shape the whole time.	12 reps

COOLDOWN · ~2 MIN

Child's pose	30 sec
Cobra stretch	30 sec

TODAY'S WIN

Strong core, strong stunt shape. Today the foundation got tighter.

DAY 03

UPPER BODY & SHOULDERS

TIME
~20 min

FOCUS
Push · Stability

WARM-UP · ~3 MIN

Star jumps	20 reps
Arm circles (forward + back)	20 sec each
Scap push-ups	10 reps

MAIN SET · 3 ROUNDS

Rest 45 seconds between rounds. Drop to knees if push-ups break form.

1	Push-Up (kneeling or full) Body straight. Elbows 45°. Chest to floor.	8–10 reps
2	Scap Push-Up Arms straight. Move the shoulders only.	12 reps
3	Tricep Dip Elbows back. Lower to 90°.	10 reps
4	Plank Shoulder Taps Minimal hip movement. Slow taps.	20 reps
5	Front Support Push tall. Strong shoulders. Tight core.	30 sec

COOLDOWN · ~2 MIN

Cross-body shoulder stretch	30 sec each
Doorway chest stretch	30 sec

TODAY'S WIN

Push, base, catch — your upper body just leveled up.

DAY 04

ACTIVE RECOVERY

TIME
~15 min

FOCUS
Mobility · Control

WARM-UP · ~2 MIN

Easy march in place	30 sec
Hip circles	20 sec each direction
Ankle alphabet (each foot)	~30 sec

MAIN SET · 2 ROUNDS

Slow tempo today. Move with control, not effort.

1	Ankle Alphabet Draw clearly. Full range.	A–Z each foot
2	Glute Bridge Squeeze at the top. Pause for 2.	15 reps
3	Bird Dog Opposite arm and leg. Move slow.	8 each side
4	Bear Crawl Stay low. Knees hover. Quiet feet.	30 sec
5	Tempo Calf Raises Lift high. 3 seconds down.	15 reps

COOLDOWN · ~3 MIN

Pigeon stretch	45 sec each
Hamstring stretch	30 sec each

TODAY'S WIN

Recovery is training, too. Smart athletes earn stronger weeks.

DAY 05

POWER & JUMPS

TIME
~22 min

FOCUS
Plyo · Landings

WARM-UP · ~3 MIN

Star jumps	30 sec
High knees	30 sec
Bodyweight squats	10 reps

MAIN SET · 3 ROUNDS

Rest 60 seconds between rounds. Quality landings — not max reps.

1	Squat Jump (stick the landing) Explode up. Freeze the landing for 1 second.	8 reps
2	Pogo Hops Stay tall. Light, quick feet.	20 reps
3	Skater Hops Stick each landing. Stay balanced.	10 each side
4	Broad Jump Swing the arms. Land soft.	6 reps
5	Calf Bounces Reactive feet. Minimal knee bend.	25 reps

COOLDOWN · ~2 MIN

Calf stretch (against wall)	30 sec each
Quad stretch	30 sec each

TODAY'S WIN

Jumps that travel start with power that lands. Both got trained today.

DAY 06

FULL-BODY CIRCUIT

TIME
~25 min

FOCUS
Endurance · Coordination

WARM-UP · ~3 MIN

Star jumps	20 reps
Butt kicks	20 sec
Bodyweight squats	10 reps

MAIN SET · 3 ROUNDS

Move between exercises with minimal rest. Rest 60 seconds between rounds.

1	Bodyweight Squat Chest up. Stand strong.	12 reps
2	Push-Up (kneeling or full) Body straight. Chest to floor.	8 reps
3	Mountain Climbers Hands under shoulders. Quick, controlled.	30 sec
4	Hollow Hold Back pressed down. Arms by ears.	25 sec
5	Skater Hops Stick the landing. Stay balanced.	10 each side

COOLDOWN · ~2 MIN

Forward fold	30 sec
Child's pose	30 sec

TODAY'S WIN

Six days of work — stacked into one circuit. That's an athlete.

DAY 07

MOBILITY & RESET

TIME
~15 min

FOCUS
Recovery · Reflection

WARM-UP · ~2 MIN

Easy march	30 sec
Ankle circles (each foot)	20 sec
Arm swings	30 sec

MAIN SET · SLOW + CONTROLLED

No rounds today. One pass, breathing through every move.

1	Cat–Cow Move with breath.	8 reps
2	Pigeon Stretch Sink slow. Don't force.	45 sec each
3	Hip Flexor Stretch Tall posture. Press hips forward gently.	45 sec each
4	Hamstring Stretch Long spine. Breathe in the stretch.	30 sec each
5	Child's Pose Breathe. Reset.	1 min

REFLECT · 1 MIN

Before closing the program, ask:

What felt stronger this week? What does the body want to keep training next?

TODAY'S WIN

Seven days. The athlete showed up. The body remembers — and so will the stunts.

WHAT'S NEXT

DONE WITH THE 7 DAYS?

An athlete who finishes seven straight days of training is no longer training in the dark — they're ready for a real program.

Inside the PNKE Labs app, athletes choose from a full library of coach-built programs — Flyer Foundations, the 4-Week Full Athlete Program, 30 Day Total Abs, Locked In, ankle and knee rehab, and more. Each session includes video demos, coach cues, and progress tracking. Pick a goal, and there's a program built for it.

KEEP GOING

INSIDE THE PNKE LABS APP.

A library of programs for cheerleaders and athletes — from flyer-specific work to ab challenges, full strength blocks, and rehab. Video demos, coach cues, and progress tracking on every workout.

Get the app · pnke.net

COACH VOCABULARY.

A few terms that come up across the seven days — explained simply.

Hollow Hold

Lying on the back, lower back pressed flat into the floor, arms by ears, legs straight and low. The shape of a strong, locked-in body.

Scap Push-Up

A push-up where only the shoulder blades move — arms stay straight. Builds the small stabilizers that protect the shoulder.

Stick the Landing

Land in a controlled, balanced position and freeze for one full second. Trains the body to absorb force without wobbling.

Pogo Hop

Tiny, fast jumps with stiff ankles and almost no knee bend. Builds reactive ankle strength — useful for tumbling and flyer balance.

Bird Dog

On hands and knees, extending opposite arm and opposite leg at the same time. A core stability move that trains anti-rotation.

Front Support

The top of a push-up position, held still. Builds shoulder, core, and wrist stability used in handstands and basing.

Tuck Rocks

Tight ball shape, rocking back and forth without losing position. Trains the core control behind tumbling roll-throughs.

Skater Hop

Side-to-side single-leg jump, sticking each landing. Trains lateral power and single-leg balance.

Bear Crawl

Crawl with knees hovering an inch off the floor, opposite hand and foot together. Full-body coordination and core work in one move.

Plank Shoulder Tap

From a strong plank, tap one shoulder with the opposite hand without letting the hips rock. Anti-rotation core training.

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THANK YOU FOR TRAINING WITH US

THE BODY REMEMBERS.

Every rep, every hold, every soft landing — it all stays with the athlete. Keep showing up. Stronger stunts are built in weeks like this one.