



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY



Muscle Strengthening

(Intermediate)

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Jumping Jacks



High Knees



Bicep Curl



Lateral Raise



Front Raise



Squat



Side-step

WARM-UP:

30 sec: March in Place

30 sec: Jumping Jacks

30 sec: High Knees

30 sec: Butt Kicks

30 sec: Squats

30 sec: Alternating Lunges

60 sec: Arm Circles (forwards & backwards 30 sec)

60 sec: Jump Rope

CIRCUIT: Repeat 2-3X

10 reps: Bicep Curls with resistance band or 2-5 pound dumbbells*

10 reps: Lateral Raise with resistance band

10 reps: Front Raise with resistance band

10 reps: Triceps Dips

30 sec: Wall Sit

10 reps: Squats

20 reps: Side-steps with resistance band (10 each leg)

* Use of dumbbells allowed only for youth ages 10+ after completion of youth orientation

COOL-DOWN/FLEXIBILITY:

Glute Stretch

Torso Stretch

Calf Stretch

Butterfly Stretch

Hamstring Toe Touch Stretch

Arm Stretches

Oblique Side Stretch

Cat-Cow Stretch

Quadriceps Stretch

WORKOUT TIPS:

- Always do the exercises with slow and controlled movements. Breathe through each repetition.
- Take about a 60 second break between sets to allow your muscles to recover.
- You can repeat strength exercises 2-3 times per week but make sure to always have a day between.