



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY



Strength & Endurance Circuit

(Basic)

Strength and Endurance Circuit

(Basic)



Bicep Curl



Front Raises



Crunch



Kickbacks



Lateral Rise

WARM-UP: Repeat 2X

- 30 sec: Butt Kicks
- 30 sec: High Knees
- 30 sec: Squats
- 30 sec: Jumping Jacks

CIRCUIT: Repeat 2X

- 10 reps: Bicep Curls with resistance band or 2-5 pound dumbbells*
- 30 sec: Jumping Jacks**
- 10 reps: Front Raises with 2-5 pound dumbbells*
- 30 sec: Squats**
- 15 reps: Crunches
- 30 sec: Jumping Jacks**
- 10 reps: Kickbacks with 2-5 pound dumbbells*
- 30 sec: Squats**
- 10 reps: Lateral Raise with 2-5 pound dumbbells*

* 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.