



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY



Strength & Endurance Circuit

(Basic)

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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.