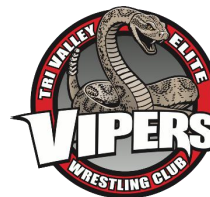


The following “Notecard” workouts can be cutout and taped or glued to 4X6 notecards, and used for home workouts. The workouts are body weight exercises, recommended for kids ages 6-14. As with any exercise activity, stop if your child develops pain with any components of the exercise. Use your own common sense parenting to decide if your child tolerates and enjoys the exercises. Training should be fun and tolerable, and body postures should be good at all times. Somehow keeping the activities fun and positive will help long term lifestyle changes.

Think of higher repetitions and good form, rather than loading weight or challenge so that only a few repetitions can be performed. In general, your child should be able to complete 10 or more body weight repetitions without pain for the activity to be healthy. It’s a good idea to mix up your workouts so you have some variety. A useful formula is wrestling – cardio-body weight exercise 3-3-3 as in 3 times per week each. Depending on your kids’ goals, consider formulas like this such as 2-2-2, 3-3-3, 4-4-4.

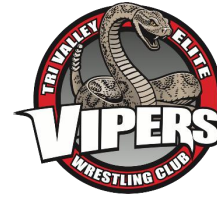
Body Weight Strengthening 1

- Jump Rope 2 minutes
- Push-ups 10-10-10 (or as tolerated up to 25)
- Sit ups 25-25
- Plank 30 seconds to 1 minute
- Side Plank 10 seconds to 30 seconds
- Front bridge 1 minute
- Back bridge 1 minute
- 3 cartwheels (progress to round offs, one hand cart wheels)
- Stretch hamstrings: sit on floor and lengthen leg out and lean into leg



When ready such as ages 10-14 with experience, you are welcome to increase vigor - add resistance and challenge, increase repetition and duration.

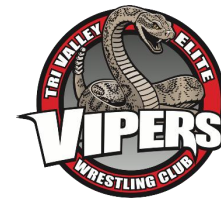
Body Weight Strengthening 2



- 20 Burpees
- 15 box jumps 6 inches to 20 inches (hips back and land softly arms out)
- 10 monster band assisted chin ups 3 sets
- 10 monster band pull ups 3 sets
- 5-20 back bridge push ups
- Medicine ball squats 6-12 pounds or as appropriate 10-15 repetitions, 3 sets
- Stretch quadriceps (lie on stomach, pull ankle to buttocks) 1 minute each
- Head stand practice balance 30 seconds, or hand stand

When ready such as ages 10-14 with experience, you are welcome to increase vigor - add resistance and challenge, increase repetition and duration.

Cardio Work Outs



(Recommended 3x/week) ... more is okay...

Cardio = Endurance = Explosiveness = Core Strength

- Day 1-2-3 (optional 4-5):
Run 1 mile moderate pace, 5 50 yard sprints
- Run steps hard up and gentle down.
Try to go two steps at a time upward if safe. 10-20 minutes.
- Run hills hard up and gentle down, 10-20 minutes
- Sprint workout in yards: 20-30-40-50-60-70-80-50-20
(stretch 30 seconds in-between each sprint)
- Jump rope 10-20 minutes, box jumps X 10 (soft landing, hips back)
- Longer running is worthwhile as tolerated. Add sprints to long distance running.
- Swimming and Biking augment, but do not replace running program
- 400 meter run-walk-run-walk-run-walk (4-400 meter runs);
5-50 yard sprints.

When ready such as ages 10-14 with experience, you are welcome to increase vigor - add resistance and challenge, increase repetition and duration.