the YMCA

FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

TEEN EXTREME

This is a 3-month program for children age 9 - 16. The goal is combining fitness with fun and education. The first meeting is 1 hour, and the follow-up weekly appointments are 30 minutes.

First Meeting: Establish goals. Parents must be present to help with goal setting as well as to understand the program.

Second Meeting: Perform 4 fitness test to assess present level of fitness: sit and Reach, 12 minute run-walk, pushups – for 30 seconds or until tired and curl-ups.

The remaining appointments are a variety of exercises based on the goals established in the beginning as well as the results of the fitness test. Initially a routine should be established so that the parent and child will know what to do without a trainer. Then when the child meets with the trainer they can have fun with new exercises, a game in the gym, or time with the body bars, dumbbells, etc. Start each appointment with a little cardio to warm-up.

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