

TEEN EXTREME FITNESS

This is a 3-month program for children age 9 – about 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 new routine.

Give a pedometer and a nutrition book.

Explain that they must schedule each week's half-hour appointment with the front desk.

Second Meeting:

Perform 4 fitness tests to assess present level of fitness.

Sit and Reach

12 minute run-walk

Pushups – for 30 seconds or until tired

Curl-ups (cross arms-trainer holds feet).

This appointment is a 30 minute time slot.

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.

Cost: Members: \$40 for 3 months/Program Members: \$80 for 3 months