



**FOR YOUTH DEVELOPMENT®**  
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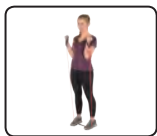


# **Strength Circuit**

**(Intermediate)**

# Strength Circuit

(Intermediate)



Bicep Curl



Lunge



Plank



Push Up



Squat



Crunch



Superman

## WARM-UP:

10 min: Cardio machine of your choice\*

## CIRCUIT: Repeat 2-3X

30 sec: Biceps Curls with resistance band

30 sec: Lunges

30 sec: Plank

30 sec: Jumping Jacks

30 sec: Push-ups

30 sec: Squats

30 sec: Crunches

30 sec: Superman

## COOL-DOWN/FLEXIBILITY:

Laying Hamstring Stretch

Arms Stretch

Quadriceps Stretch

Calf Stretch

Figure 4 Stretch

Chest Stretch over stability ball

Butterfly Stretch

Oblique Side Stretch

Back 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.

\* Use of cardio machines allowed only for youth ages 10+ after completion of youth orientation.