



**FOR YOUTH DEVELOPMENT®**  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY



# **Muscle Strengthening #2**

**(Intermediate)**

# Muscle Strengthening

(Intermediate)



Curl



Lateral Raise



Kickback



Front Raises



Side Lunge



Sumo Squat

## WARM-UP:

- 30 sec: March in Place
- 30 sec: Jumping Jacks
- 30 sec: High Knees
- 30 sec: Butt Kicks
- 30 sec: Squats
- 30 sec: Alternating Lunges
- 60 sec: Arm Circles (forwards & backwards 30 sec)
- 60 sec: Jump Rope

## CIRCUIT: Repeat 2X

- 10 reps: Biceps Hammer Curl with resistance band or 2-5 pound dumbbells\*
- 10 reps: Lateral Raise with resistance band or 2-5 pound dumbbells\*
- 10 reps: Pull Apart with resistance band
- 10 reps: Kickback with resistance band or 2-5 pound dumbbells\*
- 10 reps: Front raises with resistance band or 2-5 pound dumbbells\*
- 20 reps: Side Lunges (10 each leg)
- 20 reps: Sumo Squats

\* Use of dumbbells allowed only for youth ages 10+ after completion of youth orientation

## COOL-DOWN/FLEXIBILITY:

- |                             |                      |
|-----------------------------|----------------------|
| Glute Stretch               | Arm Stretches        |
| Torso Stretch               | Oblique Side Stretch |
| Calf Stretch                | Cat-Cow Stretch      |
| Butterfly Stretch           | Quadriceps Stretch   |
| Hamstring Toe Touch Stretch |                      |