



GROWING STRONG

TEEN STRENGTH AND FITNESS ORIENTATION GUIDE

ymcabhc.org/7th-grade

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THIS GUIDE BOOK BELONGS TO:

YMCA OF BUCKS AND HUNTERDON COUNTIES



WELLNESS CENTER GUIDELINES

Welcome, and remember, this is YOUR time. Have fun, de-stress, connect with others and seek support when you need it. You got this!

Use of Wellness Center is for members ages 12+

Use of free weight area and Synergy space is for members ages 15+

- **Demonstrate community.** Y core values are caring, honesty, respect and responsibility.
- **Keep clean.** Wipe down equipment and mats before and after use.
- **Stay kind.** Cell phones should be used for music and video purposes only. Please use headphones. Taking photos of fellow members without their permission will result in immediate membership termination.
- **Take care of equipment.** Re-rack and avoid unnecessary slamming or dropping of weights.
- **Respect the dress.** Proper attire for the activity you are engaged in is required at all times, including shoes and tops that cover your chest.
- **Communicate.** Tell a Health and Safety Champion or Member Engagement Representative if your experience is not to your satisfaction, especially if our equipment is malfunctioning or you need support.
- **No food or glass.** Food and glass containers are not permitted in the Wellness Center.
- **Welcome youth.** Youth ages 12-14 must wear wristbands while in the Wellness Center after successfully completing our Teen Strength Fitness Orientation.
- **Wait there is more!** Please refer to your Member Code of Conduct for further descriptions and policies.

I agree to adhere to the Wellness Center Rules at all times:

<hr/>	<hr/>
Signature	Date

WHY IS IT IMPORTANT TO WARM UP?

Warm Up – A slow exercise that uses the larger muscle groups of the body. Warming up performed before physical activity prepares the body for what is about to come. Warming up can be “general movements,” or “specific,” using movements similar to what will be needed for the activity. Warming up also prevents injury to the muscles. Remember stretching comes after the cool-down.

WHAT ARE SOME DIFFERENT KINDS OF WARM UPS?

GENERAL

- March in place
- Jumping Jacks
- Knee lifts in place
- Arm circles/Alternating arm circles
- Walking
- Torso twists (twist from right to left)
- Jogging on track or treadmill
- Biking on stationary bike

SPORT-SPECIFIC

- Jumping Jacks
- Knee lifts in place
- Arm circles/Alternating arm circles
- Walking
- Torso twists (twist from right to left)
- Jogging on track or treadmill
- Biking on stationary bike

PRACTICE Find a partner and demonstrate two of these warm up activities to him or her. Can you think of any others?

How long should you warm up? _____

Why do we warm up?

- 1.To get our body ready for what we are going to do
2. To reduce our risk of getting injured
3. To increase blood to our muscles

Circle an example of a general warm up

- 1.Marching in place
2. Sprinting
3. Push-ups

Circle examples of a sport-specific warm up

- 1.To get our body ready for what we are going to do
2. To reduce our risk of getting injured
3. To increase blood to our muscles

INTRODUCTION TO CARDIOVASCULAR ACTIVITIES

TREADMILL

BIKE

ELLIPTICAL

Aerobic Exercise is low intensity, continuous activity that helps to strengthen your heart and lungs.

Can you name three aerobic exercises?

1. _____
2. _____
3. _____

RATE OF PERCEIVED EXERTION CHART

10	Max Effort Activity feels almost impossible to keep going. Completely out of breath, unable to talk, cannot maintain for more than a very short time.
9	Very Hard Activity very difficult to maintain exercise intensity. Can barely breath and speak only a few words
7-8	Vigorous Activity borderline uncomfortable, short of breath, can speak a sentence.
4-6	Moderate Activity breathing heavily, can hold short conversation, still somewhat comfortable, but becoming noticeably more challenging.
2-3	Light Activity feels like you can maintain for hours, easy to breathe and carry a conversation
1	Very Light Activity hardly an exertion, but more than sleeping, watching TV, etc.

WELLNESS CENTER CARDIO Visit the Wellness Center and practice using the Treadmill, Stationary Bike, and Elliptical Machine. The machines are all very similar to each other. A good rule of thumb is to use the **GREEN Quick Start button**.



Circle the activities that are aerobic.

1. High-jumping
2. Sprinting
3. Jogging
4. Bike Riding

What is a benefit of aerobic exercise?

INTRODUCTION TO CARDIOVASCULAR ACTIVITIES

What is strength training?

The practice of using weight machines, free weights and resistance bands or body weight to build muscles. With resistance, muscles have to work harder to move. This allows them to grow stronger and more efficient.

Benefits of strength training:

- Builds healthy muscles, joints and bones
- Improves endurance, total fitness level and sports performance
- Helps to prevent injuries and speed up recovery time

STRENGTH MACHINES IN THE WELLNESS CENTER

Leg Press: Legs

Leg Extension: Front of your legs

Leg Curl: Back of your legs

Chest Press: Front chest

Mid Row: Upper back and arms

Lat Pull-Down: Mid back and arms

Shoulder Press: Shoulders

Biceps Curls: Front of your arms

Triceps Dip: Back of your arms



LET'S TALK STRENGTH

REPETITION: How many times you do an exercise from start to finish. For strength training you will **typically perform 8, 10 or 12 reps.**

SET: How many times you perform your repetitions. For strength training you will **typically perform 2-3 sets.** Example: 3 sets of 12 reps

Strength training should be done 2-3 times per week for best results!

IT'S ALL ABOUT FORM...

Listed below are exercises we will demonstrate in class. These are exercises that individuals typically do incorrectly:

PUSH UPS

Choose between full body push ups or push ups performed on your knees. Arms are directly under the shoulders. Make sure the head and neck are aligned with the spine; lower the body as one unit toward the floor, drawing the abdomen up and in and keeping the spine/low back neutral.

Targets the chest, triceps and shoulders.

1



2



1



2



SQUATS

Imagine a chair is behind you and you are sitting down onto the chair until your knees are at a 90 degree angle but no less. Make sure to keep the knees back behind the toes and the feet are shoulder width apart with toes pointed forward.

Targets the hamstrings and gluteal muscles.

CURL UPS/CRUNCHES

Lay down with knees bent and feet flat on floor with the hands resting at the sides. Draw belly button to spine, tightening the abdominals bringing the chest towards the hips. Shoulders and chest should lift off of the floor. Make sure you are not pulling on your head/neck. A good visual reminder is to imagine that you have an orange placed between your chin and your chest.

Targets the abdominals.

1



2



OPPOSITE ARM LEG LIFTS/BIRD DOG

Start on your hands and knees (tabletop position) and slowly lift the opposite arm and leg until they are parallel to the floor. Keep neck in line with your spine and abdominals tight.

Targets upper and lower back.

1



2



1



2



KNEE CURL UPS

Start by lying down on your back with your knees bent and feet flat on the floor. Draw your belly button to your spine while bringing your knees inward and upward so your hips lift slightly off of the floor.

Targets lower abdominals.

WALKING LUNGES

Remain upright keeping a straight back. Step forward with the right foot and drop the left knee towards the floor into a lunge. Keep the right knee behind the toes. Make sure to not shift your weight forward; instead drop directly towards the floor. Push off of the floor with rear foot and repeat with left foot.

Targets quads, hamstrings and calf muscles.

1



2



3



PLANK

Begin by lying face down. Lift your hips and knees off of the floor so that your body weight is supported by your forearms and toes, forming a straight line from your head to your heels. Draw the belly button towards your spine to help activate the abdominals; making sure to keep your head and neck in line with the spine.

Targets the abdominals, lower and upper back and hip flexors.

1



2



COOL DOWN

WHY COOL DOWN?

To relax and lengthen the muscles used during workouts, sports and activities of everyday life. Taking time to cool down improves flexibility so an individual can perform daily tasks more easily.

WHAT ARE SOME COOL DOWN ACTIVITIES?

1. _____
2. _____

STATIC STRETCHING

A low intensity stretch that serves to lengthen the muscle. Hold each stretch for 15-30 seconds. Static stretches are best performed **after** warming up or performing physical activity. **Practice each stretch with a partner.**

Hamstrings



Shoulders



Triceps



Quadriceps



Upper Back



Chest



Lateral Side



WHAT ARE TWO TYPES OF STATIC STRETCHES?

1. _____
2. _____

CIRCLE WHICH OF THE FOLLOWING BENEFITS ARE RELATED TO STRETCHING?

- a. Decreased muscle stiffness
- b. Increased muscles strength
- c. Relaxes muscles to allow the body to feel better

WHY IS IT IMPORTANT TO STRETCH AFTER COOLING DOWN?

MY FITNESS GOALS

SPECIFIC MEASURABLE ACHIEVABLE RELEVANT TIME-BOUND

S.M.A.R.T. GOAL #1

Example: I will be able to run on a treadmill at 5 miles per hour for 15 minutes after 6 weeks.

What do i want to achieve? _____

How am i going to do it? _____

When is my due date? _____

How many times a week am i going to come in (times/week) _____

Did i achieve it? _____

S.M.A.R.T. GOAL #2

Example: I will be able to run on a treadmill at 5 miles per hour for 15 minutes after 6 weeks.

What do i want to achieve? _____

How am i going to do it? _____

When is my due date? _____

How many times a week am i going to come in (times/week) _____

Did i achieve it? _____



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Revised May 2023