



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Teen Fit Program Orientation (13-15 Years Old)

The YMCA designed the Teen Fit Orientation to show you how to exercise safely and effectively. This guide will take about 1 hour and will explain healthy habits, gym etiquette, and safety, as well as components of fitness such as a proper warm-up, cardiovascular endurance, strength, and flexibility. Once you demonstrate an understanding and proper usage of equipment, you can exercise at the YMCA without supervision. Congratulations!

Did you know? - The YMCA stands for Young Men's Christian Association, founded in 1844, with a mission to put Christian principles into practice using programs that build a healthy spirit, mind, and body for all. The character of the YMCA has a base of honesty, caring, respect, responsibility, and faith. We ask that you practice these character traits while attending the YMCA.

Here's the Deal - There are many reasons that you come to the gym. Maybe it's to build muscle, look better, stress relief, socialize, or get away from your family. No matter the reason, the YMCA wants to make sure that you healthily do this. Because of social media, it's easy to watch unsafe and unmanageable trends. To keep you from getting injured or ill, we want to offer you safe and scientific advice so you can maintain healthy habits and an injury-free, effective exercise plan.

Healthy Habits – Being physically fit is just one portion of a healthy lifestyle. Making good nutrition choices, properly hydrating, getting enough sleep, and managing stress are also part of living well. To be healthy physically, mentally, and emotionally, incorporate the following into your daily routine:

- ❖ Move your body often and exercise
 - Include cardio, strength training, and flexibility
- ❖ Drink 8+ cups of water
 - Avoid sugary beverages such as soda, sweet tea, lemonade, etc ...
- ❖ Make healthy nutrition choices that include protein, carbohydrates, and fats
 - Choose whole foods such as lean meats, vegetables, fruits, legumes, grains, nuts/seeds, etc ...
 - Limit processed foods and fast food restaurants
- ❖ Get 8-10 hours of sleep each night
 - Stick to a sleep schedule and practice a relaxing bedtime ritual

Gear Up for Gym Etiquette - The Teen Fit Program is part of the bigger YMCA organization, and as a YMCA teen member, we expect you to follow our rules. We are a Christian facility, not a place to act or dress like a social media star. The staff has the right to dismiss you from the fitness center for not practicing the following YMCA gym etiquette.

DO	DON'T
<ul style="list-style-type: none"> • Wear appropriate workout attire, which includes a full-length shirt, appropriate length shorts • Wear appropriate exercise shoes • Gently place weights on the floor • Sanitize, re-rack, and put equipment back • Share equipment • Use appropriate language and tone 	<ul style="list-style-type: none"> • Wear clothing that exposes your mid-section/ has offensive logos or language – <i>it's disruptive</i> • Wear Crocs, sandals, flip-flops, and open-toed shoes – <i>it's dangerous</i> • Drop/slam weights – <i>it scares our members and is distracting</i> • Leave your equipment out or dirty – <i>it's irresponsible</i> • Hog/text/wait on equipment – <i>sharing is caring</i> • Curse, yell, use offensive language – <i>it's offensive</i>

Strive With Safety – Our YMCA Exercise Safety recommendations reduce your chance of injury. Practice these recommendations with every workout. We do not want to see you hurt.

<ul style="list-style-type: none"> ✓ Wear appropriate exercise shoes ✓ Warm up before your workout ✓ Use a spotter and do not lift a weight you are unsure of ✓ Lift with proper technique (brace core, tall posture) and stop if you feel pain ✓ Lift with slow and steady tempo (ex. 2s up:2s down) and do not lift with momentum ✓ Breathe through each rep (exhale during the hard phase) and do not hold your breath ✓ Rest/recover and give 24-48 hours for healing of the muscle group before lifting again

Round Out Your Routine – A well-rounded fitness program includes a warmup, cardiovascular endurance training, strength training, and flexibility. Gradually build up to the recommendations and enjoy your fitness journey.

Warm Up – 5 minutes before the workout

- Warm up your body before the workout
- Move your joints/muscles through the full range of motion
- Practice dynamic movements and body weight exercise patterns (see attached)
- Other warm-up options include treadmill, elliptical, or jumping jacks

Cardiovascular ‘Cardio’ Endurance – 30 minutes, 5x a week

- The cardiovascular system includes the heart, lungs, and blood vessels
- Improves fitness performance, and body composition, and decreases the chance of disease
- Increase your heart rate and breathing with jogging, biking, rowing, elliptical, etc. (see attached)
- Try a YMCA cardio class to help keep you accountable and consistent

Strength Training – 12 reps, 3x sets, 2-3 days a week

- Strength training builds muscle strength, size, and/or endurance
- Improves performance, posture, and body composition
- Lift with body weight, machines, dumbbells, bars, kettlebells, bands, etc...
- Focus on strengthening big muscles groups - back, chest, legs, core, and shoulders (see attached)
- Give your body 24-48 hours to recover before lifting the same muscle group
- Try a YMCA strength training class to keep you accountable and consistent

Stretching for Flexibility – 5 minutes after the workout

- Flexibility allows your body to move through the range of motion
- Improves posture, reduces the risk of injury, and reduces muscle soreness
- Focus on stretching big muscle groups like the chest, back, hip flexors/quads, and glutes (see attached)
- Stretch each muscle group for 10-30 seconds
- Try a YMCA stretch class like yoga to keep you accountable and consistent

Below is an example of a **1-week workout** that includes warm-up, cardiovascular endurance, strength training, and stretching.

Monday, Wednesday, and Friday

- **Warm Up** – 5 minutes – start at low intensity and gradually build up to workout intensity
- 30 Minutes of Cardio
 - Jog, cycle, row, elliptical

Tuesday, Thursday, and Saturday

- **Warm Up** – 5 minutes – cardio and mobility
 - Walk on the treadmill
 - 6 slow body weight reps of each: Cossack Squat, Hinge to Squat, Back Lunge, Push Up
- **Strength Train** (Machine Weights) – 12 reps, 3 sets, slow reps at 2:2 tempo
 - Lat Pull Down
 - Adjust the seat so the arms reach long to the bar
 - Pull the elbows into the rib cage and squeeze the shoulder blades
 - Seated Chest Press
 - Adjust the seat so the handles are at mid-chest height
 - Press the handles away and squeeze the chest
 - Leg Press
 - Adjust the seat so the legs are in a 90-degree bent position
 - Push your body away from the platform and squeeze the quads and glutes
 - Seated Row
 - Adjust the seat so the chest pad is against the chest and the arms reach long
 - Pull the elbows against the rib cage and squeeze the shoulder blades
 - Seated Shoulder Press
 - Adjust the seat so the shoulders are just below the handles
 - Press up and squeeze the shoulders
- **Stretch** – 10-30 seconds for each muscle group
 - Hip Flexor + Chest Stretch, Pigeon Hip Stretch, Child's Pose Back Stretch

**Note: you can add cardio at the end of the strength training session as well as on alternating days.*

Sunday

- **Rest Day**

What and How? See the attached handout titled Teen Fit Workout, which offers a visual of the exercises, the recommended number of reps, sets, and time to commit to each exercise. These recommendations are from the American College of Sports Medicine, a trustworthy resource.

Also provided is an anatomy visual, titled Muscles and Muscle Building Exercises, which shows the exercises that strengthen the corresponding muscles.