



Teen Fit Workout

Warm Up, Workout, Stretch

Warm Up – 5 minutes before every workout

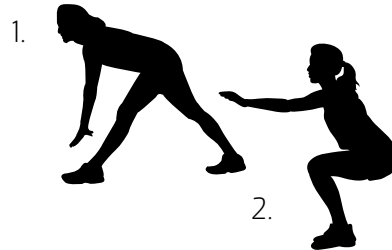
6 slow reps of each exercise



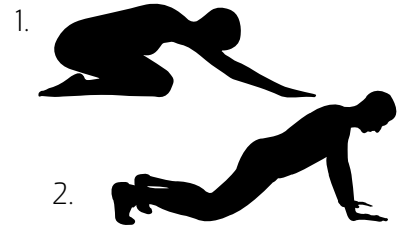
OR



Lateral Squat
aka "Cossack Squat"



Hinge to
Squat



Childs Pose to
Modified Push Up

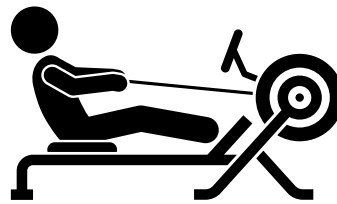
"Cardio" Endurance – 30 minutes, 5 days a week



Jog



Cycle



Row



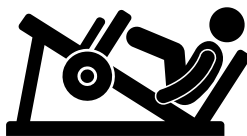
Elliptical



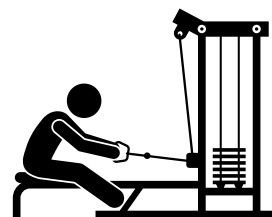
Lat Pull Down



Seated Chest Press



Leg Press



Seated Row



Seated Shoulder Press

Strength Train – 12 reps, 3 sets, 2-3 times per week

Stretch for Flexibility – 5 minutes after every workout

10-30 seconds of each stretch



Hip Flexor + Chest
Stretch



Pigeon
Hip Stretch



Child's Pose
Back Stretch

Muscles and Muscle Building Exercises

Front Side (anterior)

Back Side (posterior)

