



# Teen/Youth Workout Week 1

By Lauren Koenig, CPT

30-40 minutes:

**Warm-up** - dynamic stretches (counts of 10) - arm circles, pogo hops, jumping jacks, high knees, butt kickers, and frankensteins (toe touches)

## **MINI CIRCUITS: 3 EXERCISES/30s WORK/15s REST- 3 SETS**

*Perform each exercise in the circuit for 30s, then rest for 15s. Move on to the next exercise for 30s, rest for 15s. Do the third exercise for 30s, rest for 15s. Then move on to Circuit 2 and repeat.*

### **Circuit 1**

Standard plank (forearms or straight arms)  
4 lateral high knees + burpee  
Squats - (hold dumbbell over your head- optional)

### **Circuit 2**

Bear plank  
Pop Squats  
Repeat reverse lunges - 10/side

### **Circuit 3**

Straight arm plank + mountain climbers  
5 jump jacks + 5 squats - repeat  
Bicycle crunches

### **Speed/Agility**

Set up 2 cones 20 ft apart. Sprint from cone A to cone B - X8 with 30s rest

### **Cool Down**

[Static stretches](#)

