



# Teen/Youth Workout Week 2

## 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**

Plank Jacks - 15  
Legs raised + hold - 15-20s  
Squat jumps - 10

#### **Circuit 2**

Pushups (regular or on knees) - 10+  
Sit ups/crunches - 20  
Lunge Jumps - 8-10/side

#### **Circuit 3**

Straight arm plank + shoulder taps (keep legs at a wide stance) - 15/side  
Power skips - 20/side  
Heel touches - 20/side

#### **Speed/Agility**

Set up 2 cones 20 ft apart.

1. Sprint to cone and back
2. Side shuffles - switch directions on return
3. carioca/grapevine - switch directions
4. Sprint...rest 1 min and repeat 2 more times.

#### **Cool Down**

[Static stretches](#)

