

# WARM-UP

### WHY WARMING UP MATTERS



### Prepare & Protect

A good warm-up prepares the body for exercise and reduces the risk of injury. It increases heart rate, blood flow, and body temperature.

Always warm-up before workouts!



### Improve Mobility & Flexibility

Dynamic warm-ups include active stretches and movements that improve mobility and flexibility. This helps develop better movement patterns and reduces muscle tightness.

A good warm-up is essential for youth strength and conditioning!

- Increases performance
- Improves mobility & flexibility
- Promotes good movement habits



# WARM-UP | 5~7 Min

### Jog on the Spot | 30s



### Jog on the Spot

- Jog in place.
- · Keep a steady pace.

30s

### Deep Squat to Reach

#### 6 reps

- · Squat deep.
- · Reach arms up high.

6 reps



#### World's Greatest Stretch

4 reps each side

- Step forward, reach up.
- · Rotate and stretch.

4 reps each side.



## Crab Reach

5 reps each side



### Squat | 3 Sets

- 1. Stand tall, feet shoulder-width apart.
- 2. Sit deep.
- 3. Chest tall.

3 Reps (Beg.) 10 Reps (Adv.)

6 Reps 10 reps



### PUSH-Up | 3 Sets

- 1. Hands under shoulders.
- 2. Engage core, stay straight.
- 3. Lower to the ground.

**3-5 Reps** | 6-8 Reps

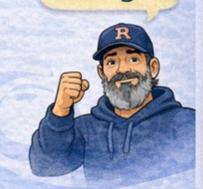


### PUSH-Up | 3 Sets

- 1. Hands under shoulders.
- 2. Engage core, stay straight.
- 3. Lower to the ground.

**3-5 Reps** (Beg.) **6-8 Reps 8-12 Reps** (Adv.)

Let's go!



### DB Deadlift | 3 Sets

- 1. Deadlifts shoulder-width apart.
- 2. Hinge at the hips, keep back straight.
- 3. Push hips forward to stand tall.

6 Reps (Beg.)
10 Reps (Adv.)



6 Reps | 10 reps

#### DB Row | 3 Sets

- 1. Hinge forward, flat back.
- 2. Pull dumbbells to ribcage.
- 3. Squeeze shoulder blades.

6 Reps (Beg.) 10 Reps (Adv.)





6 Reps | 10 reps

### Keep it going!

- If you do not have weights you can use any small weighted household object as long as:
  - · you can grip them
  - · and they are identical



### Box Step-Up 3 Sets

- 1. Step onto box.
- 2. Drive through foot, stand tall.
- 3. Lower down slow.
- 4 Reps each side (Beg.)
- 8 Reps each side (Adv.)



### Plank | 3 Sets

- 1. Elbows under shoulders.
- 2. Pull dumbbells to ribcage.

20s 30s 40s (Adv.)



Don't stop now!



### Lunges | 3 Sets

- 1. Step forward, lower back knee.
- 2. Push through front foot to stand.
- 3. Switch sides each rep.
- 4 Reps each side (Beg.)
- 8 Reps each side (Adv.)



### Tricep Dips | 3 Sets

- 1. Use sturdy chair.
- 2. Lower body, bend elbows.
- 2. Push through palms.

20s 30s 40s (Adv.)

#### Nice work!



### Glute Bridges | 3 Sets

- 1. Lie on back, knees bent.
- 2. Lift hips, squeeze glutes.
- 3. Lower back down slow.



6 Reps (Beg.) 10 Reps (Adv.)

### Deadbugs | 3 Sets

- 1. Arms up, legs bent.
- 2. Extend opposite arm and leg
- 3. Maintain core tension.
- 4 Reps each side (Beg.)
- 8 Reps each side (Adv.)





### Wall Walk | 3 Sets

- 1. Step feet up the wall, back straight.
- 2. Walk hands toward wall.
- 3. Lower back down slow.
- 2 Reps (Beg.)
- 4 Reps (Adv.)



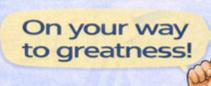


### Side Plank | 3 Sets

- 1. Arms up, legs bent.
- 2. Engage core, lift hips,
- 3. Top arm up or on hip.

15s each side (Beg.)20s each side30s each side (Adv.)





# **COOL-DOWN & MOBILITY**

### **CHILD'S POSE**

2 × 30 sec



- Sit back to heels
- · Reach arms forward
- Relax & breathe

### **HIP FLEXOR STRETCH**

- Step forward
   & drop knee
- Tall posture
- Push hips gently forward

2 × 20 sec/side



# **COOL-DOWN & MOBILITY**

#### **FOAM ROLL UPPER BACK**

- · Roll slowly
- · Arms behind head
- · Relax & breathe



2 x 30 sec



### SEATED HAMSTRING STRETCH

- Sit tall
- · Reach to foot
- Hold the stretch

#### **COBRA STRETCH**

- Hands under shoulders
- Press up slowly
- Keep hips down

2 x 20 sec / side





### FINAL MESSAGE FROM COACH ALEC

#### Great work!

You've just completed a youth strength & conditioning program designed to help you:

- Move better
- Get stronger
- Build confidence
- Have fun being active



#### rogress, Not Perfection

- · Try your best each session
- · Move with control
- · Rest when needed
- Enjoy the process

Remember, strength training for kids is about learning good movement, not lifting heavy weights.

Focus on control, balance, and effort — not perfection.

These sessions are designed to be flexible.

You can complete one session at a time, or combine multiple sessions in one workout depending on:

- Your available time
- How your body feels that day
- Your energy and focus

Don't overdo it.

Quality always matters more than quantity.

Enjoy the holidays, have fun staying active, and remember



Add +2 reps



or Hold +10 seconds



Raeside Pro Edge

Youth Strength & Conditioning