

YOUTH STRENGTH & CONDITIONING

**Build Performance,
Develop Confidence
Have Fun**



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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

- Lift hips, reach up and over.



SESSION 1

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!



SESSION 2

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



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SESSION 3

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!



SESSION 4

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!



SESSION 5

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.)



You're crushing it!



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SESSION 6

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 side

30s each side (Adv.)



On your way
to greatness!



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COOL-DOWN & MOBILITY

CHILD'S POSE

2 x 30 sec



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

HIP FLEXOR STRETCH

2 x 20 sec / side

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



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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

2 x 20 sec / side



COBRA STRETCH

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



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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

★ Progress, 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



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