

POWER STRENGTH

TRAINING SYSTEMS

Youth – No Equipment

- 1.)
 - A. [Bodyweight Wall squats](#) - 4x8
 - B. [Handwalks](#) – 4x15ft down and back
 - C. [YTW Raises](#) - 3x8 each
- 2.)
 - A. [Lateral Lunges](#) - 3x8 each
 - B. [Squat Jumps](#) (singles) - 3x5
- 3.)
 - A. [Split Squats to Iso Hold](#) (10 sec) – 3x8 each
 - B. [“Perfect” Pushups](#) - 5x6 (elevate if needed)
 - C. [FEHT](#) - 4x10
- 4.) Plank Series - 3x15-30sec each position ([front](#) and both [sides](#))

Youth – Dumbbells and Bands

- 1.)
 - A. [DB Goblet squats](#) - 3x12
 - B. [Bear Crawls](#) - 3x15ft
 - C. Band Pull-a-parts ([OH](#) and [UH](#)) - 3x15 each
- 2.)
 - A. [DB Bench](#) or [Floor Press](#) - 4x8-10
 - B. [Goblet](#) or [DB Split Squats](#) – 3x8/leg
 - C. [Band Facepulls](#) - 3x15
- 3.)
 - A. [Seated Band Rows](#) w/2-second hold - 3x8
 - B. [Pushups to plank](#) 3x10
 - C. [Band curls](#) 3x15

[“No Space” - Bodyweight Complex for Extra Conditioning](#)

*Perform all exercises in a circuit for 3-5 rounds. Rest 1-2-minutes between rounds

Mountain Climbers x 30
Jumping Jacks x 20
Squats x 15
Push-ups x 10
Groiner to Stand-Up x 5

