

Youth Fitness Plan			
Week 1 - Foundation/ Form	Week 2 - Upper	Week 3 - Lower	Week 4 - Core / Mobility
Warm-up			
Cardio - Track intervals, pyramid runs, etc.	Cardio- 1 mile run, intervals, pyramids, etc.	Light Cardio - Bike machines, Stairmaster, treadmill	Light Cardio - Jog, short run, etc.
Full body circuit training, low weight & form focused	Upper body focus - chest/ arms curls, pressing, push-ups	Lower Body Focus - Squats, lunges, etc.	Core/ Stretching/ Mobility Focus- Twists, joint movement, etc.
Cooldown	Cooldown	Cooldown/ Body Mobility	Cooldown