



FOR YOUTH DEVELOPMENT®
 FOR HEALTHY LIVING
 FOR SOCIAL RESPONSIBILITY

YMCA YOUTH FITNESS PROGRAM OVERVIEW

This program educates youth, 12–14 years old, on how to safely use the resources in our Wellness Center through three orientation sessions. Youth can use only cardio and strength machines that are introduced in the sessions.

Session 1 Cardiovascular Equipment	Session 2 Strength Machines (Kinesis Only)	Session 3 Strength Machines (Kinesis Only)
<p>Youth will work on cardio equipment for one week and at the end of the week make an appointment to show the Wellness Coach proper use of this week's equipment.</p> <p>Cardiovascular Equipment Bikes (upright/recumbent) Ellipticals Treadmills</p>	<p>Youth will be introduced to the machines listed below. Youth will work on these machines (two days this week: Tues/Thurs or Mon/Wed) and then make an appointment with a Wellness Coach to show proper use of these machines.</p> <p>Strength Training Machines: Kinesis Low Pull (1 set of 8 reps for each machine) Kinesis Overhead Press (1 set of 8 reps for each machine) Kinesis Core (2 sets of 8 reps) Leg Press (2 sets of 8 reps)</p>	<p>Youth will be introduced to additional machines. Youth will work on these machines for one week and then make an appointment with a Wellness Coach to show proper use of these machines.</p> <p>Strength Training Machines: Kinesis High Pull (1 set of 8 reps for each exercise) Kinesis Press (1 set of 8 reps for each exercise) Kinesis Step Up (only) (2 sets of 8 reps)</p> <p>Mat Exercises: Standard crunch on mat (lie flat on mat - 2 sets of 8) Crunch with feet in air on mat (2 sets of 8 reps)</p> <p>Stretch Machine (Near Mat)</p>

Once all three sessions are completed youth can use the Wellness Center.

Have questions or want to schedule your sessions?

Contact: Colleen Gutowski E: cgutowski@cyedc.org P: 610.544.1080 ext. 2220