

# FITNESS

HEALTHY CHOICES, HEALTHY CHILDREN



CAL RIPKEN, SR.  
**FOUNDATION**

TRANSFORM COMMUNITIES, CHANGE KIDS' LIVES



Part of the Healthy  
Lifestyles Program  
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# INTRODUCTION

## ABOUT THE CAL RIPKEN, SR. FOUNDATION

During his 37-year career with the Baltimore Orioles organization, Cal Ripken, Sr. taught the basics of the game and life to players big and small. After he passed away, his sons and Major League Baseball players Cal and Bill recognized that not every child is lucky enough to have such a great mentor and role model. In this spirit, the Ripken family started the Cal Ripken, Sr. Foundation, a national 501(c)(3) nonprofit organization, in 2001.

By teaching kids how to make positive choices no matter what life throws at them, the Cal Ripken, Sr. Foundation strives to help underserved youth fulfill their potential and become healthy, self-sufficient, successful adults.

## ABOUT HEALTHY CHOICES, HEALTHY CHILDREN

With the support of community-based organizations, the Cal Ripken, Sr. Foundation provides programs, resources, training, and support across the country that directly impact the lives of at-risk youth. A primary component of this support is the *Healthy Choices, Healthy Children (HCHC)* program – a comprehensive life skills curriculum that provides youth development professionals and mentors with a vehicle to begin meaningful conversations with kids who need it the most.

Through discussions about the choices they make today and the consequences that follow tomorrow, combined with activities demonstrating these lessons, youth learn to make productive decisions for their futures.

This curriculum was designed to give you a practical tool that you and your peers can rely on to help at-risk young people move forward and have fun in their fitness journey. We at the Cal Ripken, Sr. Foundation encourage every mentor teaching and leading fitness programs to seek and utilize any and all additional resources they can to better serve youth on their journey to a healthier lifestyle.



# INTRODUCTION

## THE GUIDING PRINCIPLES OF THE CAL RIPKEN, SR. FOUNDATION

Cal Ripken, Sr. was a player, coach, and manager in the Baltimore Orioles organization for nearly four decades. He developed great players and, more importantly, great people through his style of coaching. No matter what you are teaching, you can use these four key ideas as your guide.

### KEEP IT SIMPLE

Lessons on the field and in life are best learned when presented in a simple manner. Teach the basics and keep standards high.

### EXPLAIN WHY

By helping kids understand the connections between everyday decisions and real-life outcomes, we can help them make smarter choices which guide their futures.

### CELEBRATE THE INDIVIDUAL

When kids are encouraged to be themselves, respected for their opinion, and asked to share it, they are more likely to have a higher self-esteem and a better feeling of self-worth.

### MAKE IT FUN

If kids aren't paying attention or participating, how much are they learning? Whether it's using a game to teach a concept or motivating kids with a little friendly competition, keeping kids engaged is essential.

## KEEPING KIDS ENGAGED

Here are some tips to help you structure activities that keep kids engaged, excited, and coming back:

- Have a plan
- Keep activities structured
- Use visual tools (diagrams, cones, props, etc.)
- Provide feedback
- Encourage, encourage, encourage
- Set parameters and stick to them
- Assign groups/teams
- If you use captains, be sure to rotate them often
- Set achievable goals
- Use short time increments
- Rotate activities frequently
- Let kids have input in the activities they like best
- Stay consistent and create routine
- Affirm kids when they do well

# INTRODUCTION

## ABOUT *HEALTHY CHOICES, HEALTHY CHILDREN: FITNESS EDITION*

*Healthy Choices, Healthy Children* has, and always will be, a vehicle to help young people make smart decisions on their path toward a productive adulthood. Included in those decisions is the choice to live an active, healthy lifestyle.

The *Healthy Choices, Healthy Children: Fitness Edition* is intended to help mentors continue a dialogue with youth about the importance of physical fitness and teach them good habits that they will carry forward. This resource is meant to be a quick reference guide to help get kids active. While understanding the science of the human body is important – you won't find detailed scientific explanations here – this is about getting kids moving and keeping them engaged.

The goal of this curriculum is to give youth development professionals a foundation of fitness strategies along with useful workouts to engage children in a well-structured, progressive way that promotes a holistic healthy lifestyle.

*NOTE: The views expressed in this publication are those of the Cal Ripken, Sr. Foundation and are intended strictly as a teaching tool, and not as medical advice.*



# GETTING STARTED

## FITNESS EDITION

### KEEP IT SIMPLE

Youth under 15 years old don't need a lot of instruction; all they need is an opportunity to play. Once you have an activity kids enjoy, give them a few rules and let them play.

Create simple ways for kids to compete against others and themselves to achieve fitness goals. Keep in mind: goals are more often achieved when they are written.

Challenge kids to write down goals but, remember, it's about keeping it simple! Here are a few examples of fitness goals for kids:

- Play tag twice a week
- Play basketball every Monday
- Discover my personal best 90-foot sprint
- Beat my personal best 90-foot sprint

Whatever their age, help kids write down goals. They can be challenging, but they do not have to be complicated. When kids achieve their goals, reward them, and let them know you are proud of them!

### EXPLAIN WHY

The best way to explain why an activity is important is to model it. When possible, mentors should model behaviors, especially those related to fitness goals.

At the beginning of a season or program, take time to define "fitness." As with most topics, kids often learn more when they discover the answer themselves. Undoubtedly, they have heard the term and what it means, but if we can help them to understand what it means to them – their personal definition – it will have more impact.

Without getting too technical, remind kids that "fitness" can mean many things but, most importantly, it means being **active**.

At a minimum, encourage kids to:

- Get outside and play at least once a day
- Dedicate one hour a day to being electronic-screen-free (TV, computer, phone, etc.)
- Be active for 60 minutes per day
- Try one new organized activity every school year

It's important for kids to understand why they are doing something, but don't make it too complicated. Plain and simple – kids need to play!

# GETTING STARTED

## CELEBRATE THE INDIVIDUAL

Fitness above all else is a personal matter. Everyone reacts to exercise differently, and outward appearance does not dictate how a person reacts to exercise. Every person faces challenges and celebrates triumphs on their road to fitness.

As mentors, it is important to create a fitness program that encourages all kids to be involved but also understands that every kid has different strengths and weaknesses. To gain the most out of activities and celebrate individual abilities, skills, and accomplishments, consider separating age groups when possible.

## MAKE IT FUN

The consequences of a sedentary life can be harmful – but that doesn't mean the topic has to be scary or boring. Fitness should be fun. After all, 95% of what you do with kids has to be fun, or they won't come back!

Identify the two most important things you want to convey to the group of kids. Now, what are they? Write down your goals. Keep the simple goals at the forefront of your mind and everything else will be fun!

When encouraging groups of kids to be fit, whether they are kids or not, think outside of the box on everyday activities and games. How can a simple activity or game become an aerobic activity?

It is important to focus on keeping the atmosphere light and engaging: challenge yourself as a mentor to use only positive affirmation rather than negative reinforcement.

You, as a mentor or fitness professional, have the unique ability to connect and inspire your kids every time you interact with them. Establishing a goal that everyone can work together to accomplish is important, but creating a fun environment that all can feel a part of ensures longevity in helping your group move forward together!

**Tip:** Avoid using fitness or running as a punishment. Instead, try using running as a tool to get kids excited by making it a competition that emphasizes teamwork.



# GETTING STARTED

## PHYSICAL FITNESS EDUCATION STANDARDS

The lessons in this curriculum align with the following standards from SHAPE America's National Standards & Grade-Level Outcomes for K-12 Physical Education. \*

**Standard 1:** The physically literate individual demonstrates competency in a variety of motor skills and movement patterns.

**Standard 2:** The physically literate individual applies knowledge, concepts, principles, strategies, and tactics related to movement and performance.

**Standard 3:** The physically literate individual demonstrates the knowledge and skills to achieve and maintain a health-enhancing level of physical activity and fitness.

**Standard 4:** The physically literate individual exhibits responsible personal and social behavior that respects self and others.

**Standard 5:** The physically literate individual recognizes the value of physical activity for health, enjoyment, challenge, self-expression, and/or social interaction.

\*SHAPE America created these fitness standards for physical education to create a baseline knowledge that kids should have on various fitness topics. These standards are used to help design curriculum and revising state and district-wide school standards for physical fitness education. For more information, visit: <https://www.shapeamerica.org/standards/pe/>



# CHAPTER 1: FINDING A WHY & SETTING A GOAL

Take a minute to reflect. What makes you get up in the morning? What helps you move forward with your day? What inspires you to make a difference? This is your **why**—your motivation!

In the fitness industry the greatest mentors know and understand the importance of their **why**. This is what encourages mentors to motivate young people.

Before moving forward in this lesson, take some time to reflect on your **why** so that when the time comes, you can better help your kids in finding theirs.

## GOAL SETTING

Once kids have established a **why**, take some time to discuss long-term goals that they have in fitness. These goals should be achievable in a year or more.

Here are two examples:

- Kid #1 is 14 years old and wants to be make the varsity basketball team.
- Kid #2 is 15 years old and wants to be healthier and lose 10 pounds.

Have kids share their goals with a partner.

Next, discuss shorter, more progressive goals that the kids can achieve in a three-to sixth-month time period that leads up to their one-year goal.

Possible examples:

- Kid #1 signs up to play on a local recreation or travel team.
- Kid #2 exercises three days per week and eats healthier.

Now discuss the “Right Now” or one month goals.

- Kid #1 starts playing catch twice a week with a sibling.
- Kid #2 walks two days per week and starts a food journal.

Setting long range goals with your kids along with identifying smaller short-term goals help to inspire them to keep moving forward, and eventually to reach their long-range goals. It is important to remind kids to take time to recognize and celebrate each success along the way.

# CHAPTER 1: FINDING A WHY & SETTING A GOAL

## THINK ABOUT IT

Ask participants to think about how these steps help them in other areas of their life.

Step One: Set goals that are achievable and realistic.

Step Two: Make a plan to work towards achieving those goals.

Step Three: Always come back to the **why**.

## TRY THIS

Have your kids create an individual goals board. This board will display their **why** and the steps they have established to reach their goal. The board can be created with pictures, magazine clippings, motivational words, and phrases. The board should be viewed often and used to monitor progress.



# CHAPTER 2: SETTING A FOUNDATION

The foundation of this Fitness curriculum is based on a holistic approach to health and wellness including:

- Strength
- Aerobic Conditioning
- Nutrition
- Flexibility
- Recovery

By instilling a routine that includes all of these areas, you will better help your kids understand how each is equally important and instrumental in helping them move forward.

## STRENGTH

Strength is the ability to withstand or exert great force, stress, or pressure. The foundation of strength training starts with these six movements:

- Plank
- Squat
- Push
- Pull
- Hinge
- Rotation

Before breaking down these movements, let's first understand what defines your core. In short, your core is everything that connects with your hips and spine. This can also be referred to as your hub. By engaging and strengthening these muscles together, your body will be able to feel stable, and therefore, gains in strength will be reached more efficiently as your kids progress.

### PLANK

Start with placing the forearms on the ground with the elbows aligned below the shoulders, and arms parallel to the body at about shoulder-width distance. Raise your body so that all of your weight rests on your forearms and toes. Think of your body as one straight line from your head to your shoulders, then from your hips to your ankles.

Now that we know what the plank is, why is it the most important of the six core exercises?

Ask kids: Do you see the similarities? Do you see a straight line?



<b>Push</b>	<b>Pull</b>	<b>Squat</b>	<b>Rotate</b>	<b>Hinge</b>
<b>Plank</b>				

# CHAPTER 2: SETTING A FOUNDATION

## PUSH

For this lesson, we use the push as it relates to the plank. The primary muscles included in this movement are pectorals, deltoids, and triceps.

Start in a high plank position (similar to plank, but arms extended and palms on the ground) with shoulders directly above your wrists and in a straight line from your head-shoulders-hips-knees and ankles. Next, bring your entire body down together without breaking the plank and touching the ground. Then, go back to the starting position.

**Tip:** Only have your kids go down as far as they can without breaking the plank. Use this as a guide to celebrate the individual as they progress. If needed, a kid can start the exercise from the knees.



## PULL

The opposite of a push is a pull. These movements use the latissimus dorsi (lats), trapezius, rhomboids, deltoids, and bicep muscles. The exercise that best describes this is a row that can be done with a TRX strap, rings, or a bar.

Start with your body in a vertical plank at about a 45-degree angle. Next, pull your body up, keeping shoulders back, demonstrating good form, and then return to starting position.

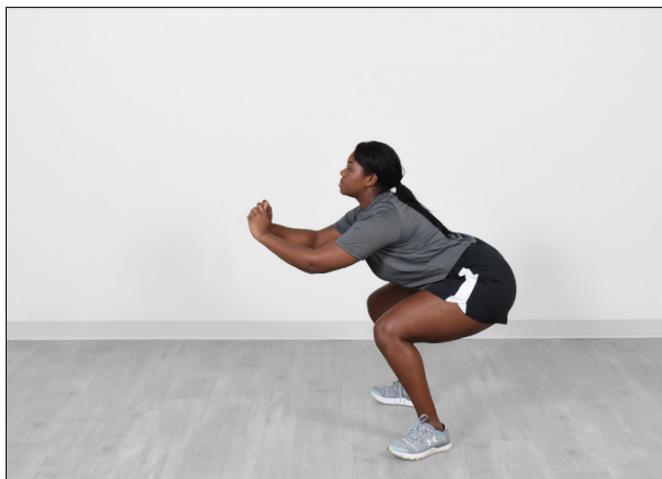
**Tip:** Make it more challenging, if too easy, by increasing your angle. The hardest pull will be when you are parallel to the floor.



## SQUAT

The squat is another movement that primarily strengthens your lower body at the ankle, knee, and hip joints. Muscles engaging in this movement are: glutes, hamstrings, quadriceps, and calves along with a number of smaller muscles.

Start with your feet shoulder width apart with your weight on your heels and your head and chest looking forward. Next, begin to bring your body down as if to sit into a chair. Stop when knees are at 90 degrees. Then, come back up to starting position.



# CHAPTER 2: SETTING A FOUNDATION

## Keep It Simple

Have your kids focus on the following:

- Keep weight on heels
- Knees stay behind the toes

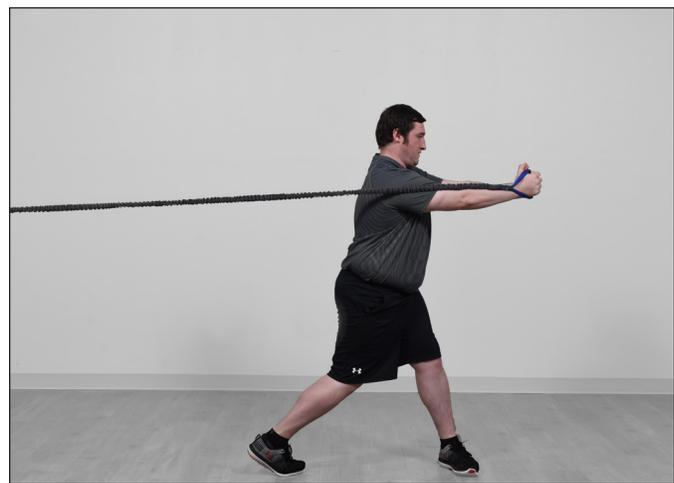
## ROTATION

When thinking about a rotation visualize a major league hitter. Now, look at the entire movement of their swing. Everything must move together as one in the rotation to create the amount of force and power to hit a major league fastball out of the park. This is called cylindrical rotation from the ground up. Think about the plank, and keep stability throughout the movement to ensure that you move as one.



## Resistance Band Rotation

Attach a band to an anchor point that is about chest height off the ground. Position your feet so they are just wider than your shoulders. Have your arms straight out in front of you. Rotate from the ground up by twisting on your inside toe, making sure your arms stay straight. Then, go back to starting position.

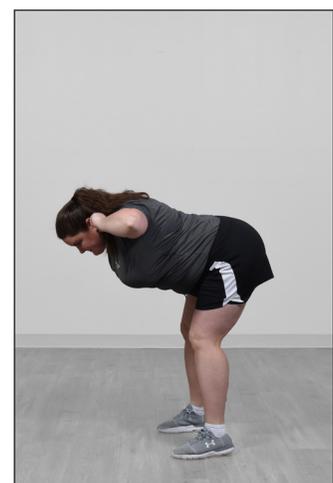
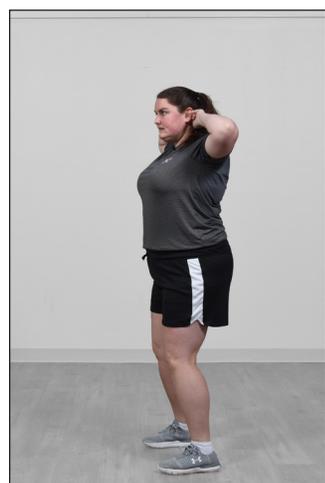


## HINGE

The hinge is a movement for exercises like the deadlift. This movement allows you to better understand the relationship that your glutes, hamstrings, and erector spinae (back) all have together.

## Good Mornings

Stand upright with feet shoulder width apart, place hands on the back of the head as shown, or you can have your hands crossed and placed on shoulders. Maintain a strong core with a flat back and a slightly bent knee, slowly hinge at the hip. Bring body as close to parallel with the ground as possible, then return to the start position.



# CHAPTER 2: SETTING A FOUNDATION

## AEROBIC CONDITIONING

Aerobic conditioning is training your heart and lungs to pump blood more efficiently, allowing for increased oxygen delivery to muscles and organs. Cardiovascular exercise is a great way to work on aerobic conditioning as it raises the body's heart and respiration rates.

What does this mean for your kids? This is where fitness gets fun! Activities that get the blood pumping come in many different forms – from running to swimming, biking to dancing, kids can find what activities work best for them.

Here you will find several exercises and drills that you can use with your group to help them improve their aerobic conditioning.

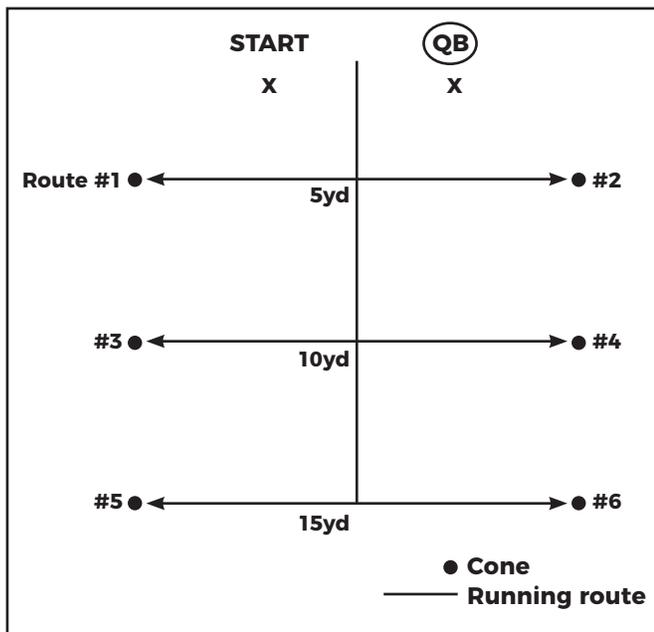
### FOOTBALL ROUTE RUNNING (5, 10, 15 YARD ROUTES)

#### Materials:

- 10 cones
- One or two footballs

#### Set Up:

- Set up one center (start) cone next to where the quarterback will be standing. This will be the starting point.
- Going straight off of the starting cone, place one cone at 5, 10, and 15 yards. These cones are your cut or direction change cones.
- Next, place one cone approximately five yards on either side of the 5, 10, and 15 yard cones. These cones mark the finish point.



#### Goal:

Conditioning for a total time or distance

#### The Drill:

1. Have your kids line up in a single-file line behind the starting cone.
2. Going one at a time, have the kids first run to the cone at 5 yards, then cut to the cone on the left or right. You can alternate left and right or have all kids run to the same cone. Throw the football to them and have them catch it.
3. After all kids complete the 5-yard cone passes, repeat with the 10-yard, and then 15-yard cones.

# CHAPTER 2: SETTING A FOUNDATION

## SPRINT PYRAMIDS

Kids can run together or one at a time.

**Materials:**

Four cones minimum

**Set Up:**

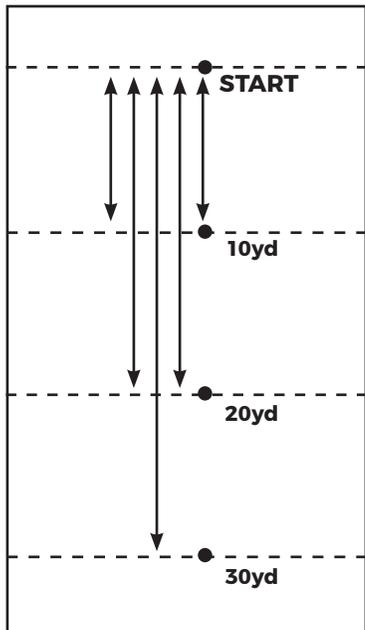
- Place four cones 10 yards apart in a straight line marking a start at 10, 20, and 30 yards.

**Goal:**

Conditioning for time or total distance

**The Drill:**

- Have kids start at cone one.
- First, the kids run out to the 10-yard cone and back to the start, then they repeat to the 20 and then again to the 30. Once the kids move out to the 30, they run back to the start and repeat the same run back out to the 30-yard cone and back.
- Finally, the kids run out to the 20 and back, then they finish with the 10.



## SLED PUSHES

**Materials:**

- Weighted sled
- Two cones minimum to mark distance

**Set Up:**

- Place desired weight on sled
- Mark distance that kids will need to push sled

**Goal:**

Conditioning for total time or distance.

**The Drill:**

- Make sure your kids start out by setting up correctly before pushing begins. This means arms are slightly flexed, chest is up, and back is straight (in a plank).
- Have the kids push sled for desired distance and time without breaking the plank form.



# CHAPTER 2: SETTING A FOUNDATION

## CONE STACK

### Materials:

Six stackable cones

### Set Up:

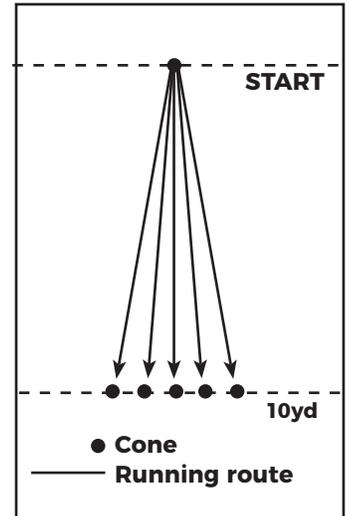
- Place one cone at starting position.
- Next, place five cones side by side approximately 10 yards away from start cone.

### Goal:

Conditioning for total time.

### The Drill:

- Kids go one at a time.
- Starting at the first cone, the kids run towards cones and pick ONE up.
- The kids brings back a cone to the starting line and stack on top of the first cone.
- Repeat until there are no cones left.



## PLYO DROP SET: DOWN UPS, MOUNTAIN CLIMBERS, SPEED SKATERS

Kids can run together or one at a time

-No Materials Needed-

### Goal:

Conditioning for total time.

### The Drill:

1. Kids start out by doing desired reps of each:
  - Down Ups
  - Mountain Climbers
  - Speed Skaters
2. Next, have kids repeat, but at fewer reps than the previous until they get down to one or two.

**Tip:** Try and stay in the range of 15 to start out.

## RUN, REVERSE, LATERAL, HOPS

Kids can run together or one at a time.

### Materials:

Minimum of two cones

### Set Up:

Place cones approximately 20 to 25 yards apart.

### Goal:

Conditioning for total time, sets, or distance.



Mountain Climbers

# CHAPTER 2: SETTING A FOUNDATION

## The Drill:

- Kids start out by running out to cone and back.
- Kids back peddle out and back.
- Kids side shuffle out and back (keep facing same direction).
- Kids broad jump out to cone and back.

## HERE ARE 10 ADDITIONAL EXERCISES YOU CAN USE TO GET YOUR KIDS MOVING:

### Hurdles

Set up hurdles or improvise and use whatever equipment you have. Leave about two feet between each hurdle. Kids should jump over the hurdles with feet together or with high knees, one foot at a time.

### Box Drill

Set up cones in a square, about 10 feet by 10 feet. Kids can run, shuffle, skip, or backpedal around the square.

### Ladders

Set up agility ladders (or you can use cones) and show kids different ways to run through them, focusing on fast feet and high knees.

### Superman Squat (Star Jumps)

Have kids squat for eight to 10 seconds, followed by an explosive jump with their hands pointed to the sky. Try sets of 10 or 15.

### Jumping Jacks

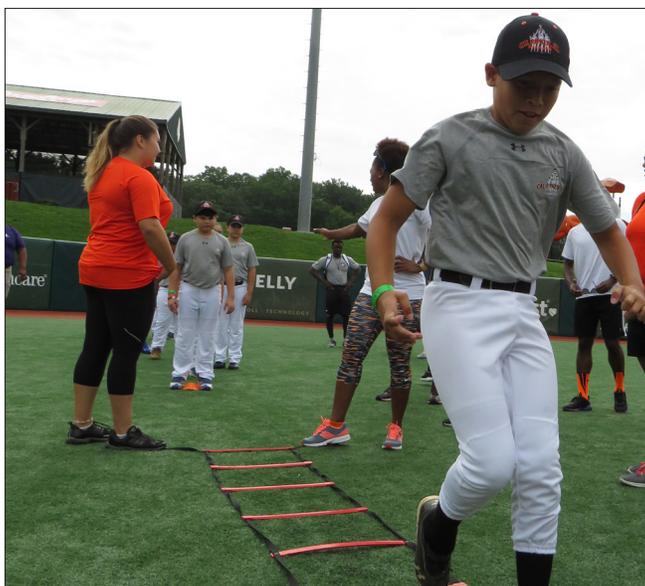
Have kids do five sets of 10 or three sets of 20. Then challenge them to build to higher numbers.

### Up and Backs

Use the lines on your field or in your gym or parking lot. Have the kids run out and back touching the line each time. Build up to longer sprints and more repetitions.

### Fast Feet

Have the kids place their feet shoulder width apart, knees slightly bent. Then start the clock for 10 or 20 seconds and have the kids move their feet up and down as fast as they can. Try five sets at 20 seconds each giving the kids 20 seconds rest in between each set.



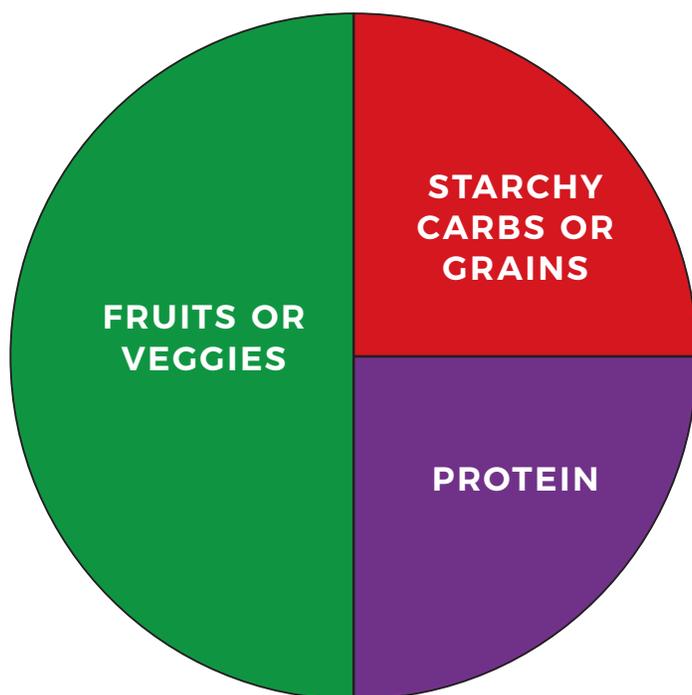
# CHAPTER 2: SETTING A FOUNDATION

## NUTRITION

Fitness and nutrition go hand-in-hand. You cannot have a successful workout without properly fueling your body. Understanding how to provide proper nutrients for your body to use is essential to starting and maintaining a healthy lifestyle. This is merely a simple overview of some nutrition tips, but for additional information, check out our *Healthy Choices, Healthy Children Nutrition Edition* that offers a more in-depth look into proper nutrition.

Here are eight nutritional tips to help get you started on the path to a healthy lifestyle:

1. Always eat breakfast! - Start each day by properly fueling your body. You cannot get anywhere in a car with no fuel.
2. Balance your plate! - Half of your plate should be full of fruits or veggies; one-fourth of your plate should be full of starchy carbs or grains; and one-fourth of your plate full of protein.



3. Focus on portion control. A portion is about the size of your palm for most foods.
4. Limit simple sugars such as candy, soft drinks, etc. These are not efficient fuel for your body.
5. Time your meals. For optimum recovery, we recommend you eat within 90 minutes of exercise.
6. Carbs are not the enemy! Your body's main source of energy comes from carbohydrates.
7. Snack between meals. You want to avoid going longer than three hours between meals, if you are active.
8. KEEP IT SIMPLE! Avoid the fad diets and focus on the basics!

# CHAPTER 2: SETTING A FOUNDATION

## FLEXIBILITY

For kids of all levels and ages, working on flexibility is often overlooked and perceived as an afterthought or something that we get in “if we have the time.” Incorporating a flexibility program into your routine is just as, if not, more important than the actual workout itself. For this reason, we believe it is important to include a flexibility component into every workout that you do with your kids.

Before adding flexibility to your routines, you should understand that there are two kinds of flexibility: static and dynamic.

There is some debate on when you should incorporate these exercises into a kid’s routine, but we believe that dynamic stretches are best in the beginning of a workout or warm up phase, and static stretches are preferred in the cool down portion.

Here is some information about the difference in the types of flexibility:

### STATIC

Stretches that involve no movement and are held for longer periods of time.

#### Benefits

Static stretches allow the body to come back to a steady state of rest and promote recovery. They also help to alleviate muscle soreness.

Here are eight Static Stretches:

1. Seated Hamstring
2. Lateral Reach
3. Lying Piriformis
4. Child’s Pose
5. Kneeling Hip Flexor
6. Cross Over Iliotibial (IT) Band
7. Chest Openers
8. Calf Stretch

### DYNAMIC

Stretches that are performed by moving through the muscle/joints range of motion.

#### Benefits

Dynamic stretches prepare the body to move through ranges of motion performed during activity. This will decrease the risk of injury and allow the muscle or muscle groups to be taken through their able range of motion by their opposing muscle/groups.

Here are some examples of dynamic stretching routines that you can include in your activities. Descriptions of these stretches are found in the Movement Index (page 41).

**Tip:** For all mentors, try to use these stretches before and after your practices and games!

# CHAPTER 2: SETTING A FOUNDATION

## Dynamic Stretch Routine #1

1. Jumping Jacks
2. Toe Reaches
3. Franks
4. Hip Flexor Reaches
5. Seal Jacks

## Dynamic Stretch Routine #2

1. Lateral Shuffles
2. High Knees
3. Butt Kickers
4. Lateral Hip Circles with a Reach
5. Chest Openers

## WHAT ABOUT FOAM ROLLING?

Foam rolling is a form of self-myofascial release that when done properly can improve both recovery and flexibility for kids. It is important to point out that just like static stretching, you will need to hold the roller on trigger point areas for 30 to 60 seconds to allow your muscles and tissue to respond and relax.

Here are our top eight Foam Rolling exercises:

1. **Calves** - While seated on the floor, place a foam roller underneath your lower leg with the other leg placed on the floor supporting some of your weight. Place hands at sides or just behind you, and press down to raise your hips off of the floor, placing your weight against your calf muscle. Roll from below the knee to above the ankle. Repeat on opposite leg.



2. **Hamstrings** - While seated on the floor, extend your legs over a foam roller so that it is positioned on the back of the upper legs. Place your hands to the side or behind you to help support your weight. Using your hands, lift hips off of the floor and shift your weight on the foam roll to one leg. Relax the hamstrings of the leg you are stretching. Roll over the foam from below the hip to above the back of the knee. Repeat on opposite leg.



# CHAPTER 2: SETTING A FOUNDATION

- 3. Glutes** - Sit with your butt on top of a foam roller. Bend your knees, then cross one leg so that the ankle is over the knee. Shift your weight to the side of the crossed leg, rolling over your glutes until you feel tension. Repeat on opposite side.



- 4. Iliotibial (IT) Band** - Lie on your side with bottom leg placed onto a foam roller between the hip and the knee and top leg crossed in front of you. Place as much of your weight as is tolerable onto your bottom leg. Roll your leg over the foam from your hip to your knee. Repeat on opposite leg.



- 5. Hip Flexors** - Lie face-down on the floor with your weight supported by your hands or forearms. Place a foam roller underneath one leg and keep that foot off the ground. Shifting as much weight onto the leg to be stretched as is tolerable, roll from above the knee to below the hip. Repeat on opposite side.



## CHAPTER 2: SETTING A FOUNDATION

6. **Adductors** - Lie face down with one leg on top of a foam roller so it's against your inner thigh. Shift as much weight onto the foam roll as can be tolerated. While trying to relax the muscles of the inner thigh, roll over the area between your hip and knee. Repeat on opposite leg.



7. **Upper Back** - Lie down with your back on the floor. Place a foam roller underneath your upper back and cross your arms in front of you, pulling your shoulder blades together. Raise your hips off of the ground, placing your weight onto the roller. Shift your weight to one side, rolling the upper to mid back. Alternate sides.



8. **Latissimus dorsi (Lats)** - While lying on the floor, place a foam roller under your back and to one side, just behind your armpit. Keep the arm of the side being stretched to your side as you shift your weight onto your lats, keeping your upper body off the ground. Repeat on opposite side.



# CHAPTER 2: SETTING A FOUNDATION

## RECOVERY

There is a fine line between hard work and overworked. The only true way to find out if you are exercising right is solid communication with your kids. Knowing when and how hard to push a kid is one of the most important jobs you have as a mentor. Create an environment with your kids where they are comfortable communicating when they have issues so you can work together to overcome the problems.

Look for signs of overtraining in your kids and give them time off or adjust if you see signs of being overworked.

Signs of overtraining are:

- Persistent muscle soreness
- Elevated resting heart rate
- Increased susceptibility to infections
- Increased incidence of injuries
- Irritability
- Depression
- Loss of motivation
- Insomnia

**Tip:** Encourage your kid(s) to get a good night's sleep by explaining the benefits of sleeping eight to nine hours per night for maximum recovery.

**Try This:** Encourage your kids to put their phones down one hour before bed.

# CHAPTER 3: BUILDING

Now that we have worked towards building a solid foundation, we can continue to progress using advanced levels of exercises. Look through the following exercises to get some ideas of how to progress from the core movements. This is where it gets FUN! These recommendations will help you progress with your kids. The Movement Index (found on page 41) has a description of these movements as well as images to assist you in using these exercises with your kids. Videos are also found on [RipkenFoundation.org](http://RipkenFoundation.org).

## Plank

1. Single Leg Planks\*\*
2. Shoulder Tap High Planks\*\*
3. Mountain Climbers\*\*\*
4. Plank Ups\*\*\*
5. Side Plank\*\*\*
6. Sandbag Drag\*\*\*\*
7. Battle rope Side Planks\*\*\*\*

## Squat

1. Wall Squat\*
2. Lateral Squat\*
3. Box Step Up\*\*
4. Goblet Squat/Front Squat\*\*
5. TRX Lunge\*\*\*
6. Trap Bar Squat/Barbell Squat\*\*\*
7. Dumbbell Step Up\*\*\*\*
8. Box Jumps\*\*\*\*

## Press

1. TRX Push Up-Incline Push Up\*
2. Push Up\*
3. Resistance Band Chest Press\*\*
4. Medicine Ball Soft Toss Chest Pass\*\*
5. Dumbbell Chest Press\*\*
6. Single Arm Dumbbell Chest Press\*\*\*
7. Parallel TRX Push Up\*\*\*\*
8. Plyometric Push Up\*\*\*\*

## Pull

1. Partner Pull\*
2. Resistance Band Row\*
3. Pull Up\*\*
4. Rope Pulls\*\*
5. Dumbbell Incline Bench Rows\*\*\*
6. Dumbbell Single Arm Row\*\*\*

7. TRX Single Arm Row\*\*\*

8. Dumbbell Single Arm Bench Row w/leg up\*\*\*\*

## Hinge

1. Good Mornings\*
2. Medicine Ball Romanian Dead Lift\*
3. Single Leg Romanian Dead Lift\*
4. Trap Bar Deadlift\*\*
5. Dumbbell Deadlift\*\*\*
6. Olympic Bar Deadlift\*\*\*
7. Dumbbell Single Leg Romanian Dead Lift\*\*\*\*
8. Kettlebell Swing\*\*\*\*

## Rotation

1. Partner Rotation Holds\*
2. Band Rotations\*
3. Wall Ball Rotations/Partner passes\*\*
4. Two Step Band Rotations\*\*
5. TRX RIP Trainer Rotations\*\*\*
6. TRX Rotations\*\*\*
7. Wall Slams\*\*\*\*
8. Landmine Rotations\*\*\*\*

## Mix and Match

1. TRX Power Row-Pull/Rotation\*\*\*
2. Soft Toss Rotational Press Throws-Rotation/Press\*\*\*
3. Battle Rope Chops\*\*\*
4. Landmine Rotational Press-Rotation/Press\*\*\*
5. Box Step Up Curl/Press-Squat/Press\*\*\*\*
6. TRX-RIP Two step Rotational Press-Rotation/Press\*\*\*\*
7. Sled Pushes-Squat/Press\*\*\*\*
8. Sled Push to Pulls-Squat/Press/Pull\*\*\*\*
9. Tire Flips-Squat/Press\*\*\*\*

## Difficulty levels

* Low difficulty	** Moderate difficulty	*** Intermediate difficulty	**** High difficulty
------------------	------------------------	-----------------------------	----------------------

# CHAPTER 3: BUILDING

**Tip:** Do not progress until kids can complete the previous exercise with quality form.

**Try This:** Come up with some of your own exercises! Be creative, make fitness fun, and remember, only progress if you can effectively mentor the core movement that lies within your exercise first. Quality trumps quantity every time!!



# CHAPTER 4: KEEP IT FUN!

In this section you will find age-appropriate fitness challenges and activities that will help keep fitness fun for your kids!

## POP QUIZ RELAY DRILL

### Equipment

- Two cones

### Directions

- Set up cones roughly 10 to 15 yards apart.
- Split your kids into roughly even groups. Have them line up in single file lines behind one cone.
- Have one mentor at the start cone, and one mentor at the other cone prepared with questions to ask the kids.
- Kids will run from the start cone to the other cone. Once they get there, the mentor will ask a question.
  - Make questions age-appropriate or all from the same category. For example, simple math drills like “5+5” or “20-15”, or who is “Spongebob’s best friend?”
- Each kid sprints one at a time from the start to the other cone and must correctly answer the question before returning to the start cone where they will give a high-five to the next kid.

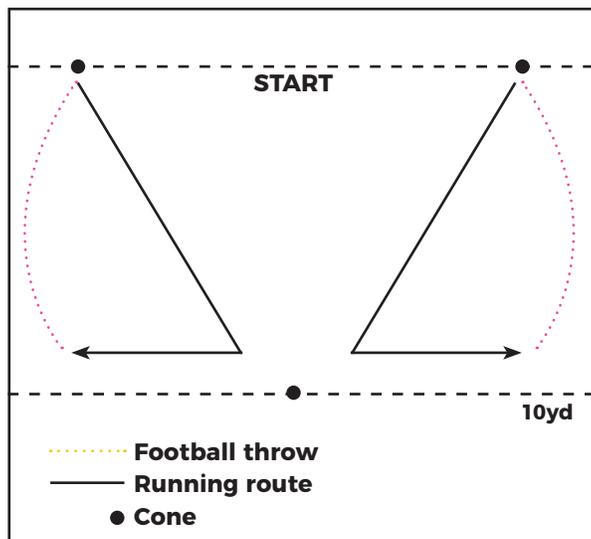
## FOOTBALL TEAM TOSS

### Equipment

- Football
- Two cones

### Directions

- Set up the cones as shown in the diagram.
- Split kids up into two teams. Have them line up in single file lines (one right side and one left).
- Have one mentor serve as quarterback for each team.
- Each kid runs the route one at a time. Go through the whole team four times.
- The quarterback throws the ball to each kid at the end of the 10-yard route.
- The team with most catches after four rounds wins!



# CHAPTER 4: KEEP IT FUN!

## CONE STACK RELAY

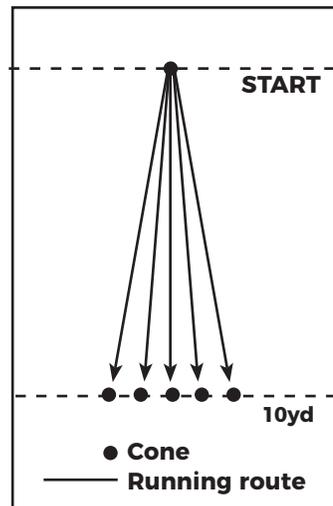
### Equipment

- Five cones

### Directions

This activity can be run as an individual or team challenge.

- Set five cones in a line approximately 10 yards away from a starting cone.
- Kids must sprint from the start cone and grab one of the five cones.
- Once the kids have the cone in hand, they sprint back to the starting line and stack the new cone on top of the start cone.
- Fastest time WINS!



## ADDITIONAL CHALLENGES:

### Push Up Challenge

Most push ups completed in one minute.

### Ball Squat Challenge

Most reps in one minute – kids must squat all the way down to ball and all the way back up.

### Plank Challenge

Have kids perform a proper plank. Once correct form is set, start the clock. Longest time wins!

### TRX Row Challenge

Most reps completed in one minute.

### Burpee Challenge

Kids perform as many burpees in one minute as possible.



# CHAPTER 5: POSITIVE PLAY

So far we have discussed finding our **why**, setting fitness goals, and the commitment it takes to reach them. But what about the unseen—the mental game? Sometimes the greatest barrier a kid has to overcome is themselves. Mental hurdles try to derail us from achieving our goals. How do we overcome these? Sometimes all it takes is a positive attitude. Each morning we have a decision to make on how we are going to embrace the day. Are we going to view things from a negative or a positive lens? Those who choose positivity are the individuals who lift up and encourage friends, family, and teammates. Being positive is not easy and takes commitment. Here are some ways that you can encourage your kids to motivate each other during and outside of sports:

1. Strive to be on time or early for each workout, practice, or game, and ask the same from your team.
2. “Don’t sweat the small stuff.” Your actions and reactions reflect onto your kids and can change the outlook in certain situations. Stay calm and focused!
3. Positivity overcomes negativity every time.
4. Have your kids share their **why** as a group and include yourself.
5. Celebrate the wins! Whether a goal is met or a game is won, take the time to enjoy it – big or small!



# CHAPTER 6: WORKOUT PROGRAMS

This chapter is broken into three different workout plans that you can use in different settings.

- **Beginners Workout:** This set of workouts are designed for the mentors or similar educator who wants to incorporate a few minutes of movement into their lesson plans.
- **Intermediate Workout:** This set of workouts is designed for mentors who may not have access to a full weight room but have time, equipment, and space for more advanced exercises.
- **Advanced Workout:** This set of workouts is designed for mentors to use in a weight room.

## BEGINNERS WORKOUT

With physical education being limited in schools, the following program was established to help mentors create some structured movement in the day with their kids. Each workout is only three minutes in length and contains a weekly core movement focus.

### WEEK #1: PLANK

High Plank - 30 seconds for three rounds with 30 seconds of rest.

### WEEK #2: SQUAT

Bodyweight Squat - 45 seconds with 15 seconds of rest

### WEEK #3: PULL

Partner Row - 30 seconds each side for three rounds

### WEEK #4: PRESS

Push Ups - 30 seconds with 30 seconds of rest

### WEEK #5: HINGE

Good Mornings - 30 seconds

Rest - 30 seconds

Single Leg Reaches - 30 seconds each side (Romanian dead lift) for two rounds

### WEEK #6: ROTATION

Partner Rotation Holds - 20 seconds each side with 20 seconds rest for three rounds

### WEEK #7: MIX IT UP

Plank - 30 seconds

Rest - 30 seconds

Push Up - 30 seconds

Rest - 30 seconds

Body Weight Squats - one minute

### WEEK #8: MIX IT UP

Plank - 30 seconds

Rest - 30 seconds

Partner Rows - 30 seconds each

Rest - 30 seconds

Jump Squats - 30 seconds



# CHAPTER 6: WORKOUT PROGRAMS

## INTERMEDIATE WORKOUT

The following program is designed for the mentor in an open floor setting with minimal equipment. Each program is broken up into four sets: a warm up, a main set, a finisher, and a cool down with a total time of about 40 to 45 minutes.

### WEEK #1: PLANK

#### Warm Up

- |   |  |
|---|--|
| <ol style="list-style-type: none"> <li>1. Good Mornings</li> <li>2. Franks</li> </ol> | <ol style="list-style-type: none"> <li>3. Jump Rope</li> <li>4. Butt Kickers</li> <li>5. Lateral Shuffles</li> </ol> |
|---|--|

#### Main Set: One Round

- |  |  |
|--|--|
| <ol style="list-style-type: none"> <li>1. High Plank - 45 seconds</li> <li>2. Rest - 30 seconds</li> <li>3. Shuttle Run - two minutes</li> <li>4. Rest - one minute</li> </ol> | <ol style="list-style-type: none"> <li>5. Low Plank - 45 seconds</li> <li>6. Lateral Shuttles - two minutes</li> <li>7. Rest - one minute</li> </ol> |
|--|--|

#### Finisher: Three Rounds

1. Team Cone Stack

#### Cool Down

- |   |  |
|---|--|
| <ol style="list-style-type: none"> <li>1. Seated Hamstring Stretch</li> </ol> | <ol style="list-style-type: none"> <li>2. Seated Side Reach</li> </ol> |
|---|--|

### WEEK #2: SQUAT

#### Warm Up

- |  |  |
|--|--|
| <ol style="list-style-type: none"> <li>1. Good Mornings - one minute</li> <li>2. Franks - one minute</li> <li>3. Jump Rope - one minute</li> </ol> | <ol style="list-style-type: none"> <li>4. Butt Kickers - one minute</li> <li>5. Lateral Shuffles - one minute</li> </ol> |
|--|--|

#### Main Set: Three sets each

- |   |   |
|---|---|
| <ol style="list-style-type: none"> <li>1a) Wall Squat - 30 seconds</li> <li>1b) High Plank - 30 seconds</li> <li>Rest - one minute</li> <li>2a) Lateral Squat - 30 seconds</li> <li>2b) Low Plank - 30 seconds</li> </ol> | <ol style="list-style-type: none"> <li>Rest - one minute</li> <li>3a) Incline Push Up - 30 seconds</li> <li>3b) Mountain Climbers - 30 seconds</li> </ol> |
|---|---|

#### Finisher

1. Run, Back Peddle, Lateral Hops Series, or Cone Stack

#### Cool Down

- |   |  |
|---|--|
| <ol style="list-style-type: none"> <li>1. Seated Hamstring Stretch</li> <li>2. Seated Side Reaches</li> </ol> | <ol style="list-style-type: none"> <li>3. Kneeling Hip Flexor</li> </ol> |
|---|--|

*\*If you see a letter next to your set number this is a super set. These exercises are meant to be done together before moving on to the next exercise or set.*

# CHAPTER 6: WORKOUT PROGRAMS

## WEEK #3: PUSH

### Warm Up

- |                               |                                  |
|-------------------------------|----------------------------------|
| 1. Good Mornings - one minute | 3. Jump Rope - one minute        |
| 2. Franks - one minute        | 4. Butt Kickers - one minute     |
|                               | 5. Lateral Shuffles - one minute |

### Main Set: Four Rounds

- |                            |  |
|----------------------------|--|
| 1. High Plank - 45 seconds | 4. Rest - 45 seconds                       |
| 2. Rest - 45 seconds       | 5. Body Weight Squats - 45 seconds         |
| 3. Push Up - 45 seconds    | 6. Rest - 45 seconds                       |
|                            | 7. Medicine Ball Chest Passes - 45 seconds |

### Finisher

- Sled Pushes for 25 yards or Run, Back Peddle, Lateral Hops Series two rounds

### Cool Down

- |                        |                        |
|------------------------|------------------------|
| 1. Seated Hamstring    | 3. Lying Piriformis    |
| 2. Seated Side Reaches | 4. Kneeling Hip Flexor |
|                        | 5. Chest Openers       |

## WEEK #4: PULL

### Warm Up

- Good Mornings - one minute
- Franks - one minute
- Jump Rope - one minute
- Butt Kickers - one minute
- Lateral Shuffles - one minute

### Main Set: Three sets each

- |  |                                     |
|--|-------------------------------------|
| 1a) Push Up - one minute                 | 2c) Wall Squats                     |
| 1b) Partner Pull - 30 pulls each         | Rest - 1 minute                     |
| Rest - one minute                        | 3a) Rope Pulls - one length of rope |
| 2a) Resistance Band Presses - 30 seconds | 3b) High Plank - one min            |
| 2b) Pull Up Holds - 30 seconds           |                                     |

### Finisher

- Football Routes or Cone Stack

### Cool Down

- |                        |                        |
|------------------------|------------------------|
| 1. Seated Hamstring    | 4. Kneeling Hip Flexor |
| 2. Seated Side Reaches | 5. Chest Openers       |
| 3. Lying Piriformis    | 6. Child's Pose        |

# CHAPTER 6: WORKOUT PROGRAMS

## WEEK #5: HINGE

### Warm Up

1. Good Mornings - one minute
2. Franks - one minute
3. Jump Rope - one minute
4. Butt Kickers - one minute
5. Lateral Shuffles - one minute

### Main Set: One-minute sets with 30 seconds rest

1. Good Mornings
2. High Plank
3. Push Up
4. Band Pulls
5. Box Step Ups

### Finisher

1. Pyramid Sprints or RDLH Series

### Cool Down

1. Seated Hamstring
2. Seated Side Reaches
3. Lying Piriformis
4. Kneeling Hip Flexor
5. Chest Opener

## WEEK #6: ROTATION

### Warm Up

1. Good Mornings - one minute
2. Franks - one minute
3. Jump Rope - one minute
4. Butt Kickers - one minute
5. Lateral Shuffles - one minute

### Main Set: One-minute each sets with 30 seconds rest

- 1a) Low Plank
- 1b) Partner Rotation Holds
- 2a) Partner Rotation Ball passes
- 2b) Single Arm Band Pulls
- 3a) Bodyweight Lunge
- 3b) Medicine Ball Low/High Rotations

### Finisher

1. Sled Push or Plyometric Drop Set

### Cool Down

1. Seated Hamstring
2. Seated Side Reaches
3. Lying Piriformis
4. Kneeling Hip Flexor
5. Chest Openers

# CHAPTER 6: WORKOUT PROGRAMS

## WEEK #7: PROGRESSIONS

### Warm Up

1. Good Mornings - one minute
2. Franks - one minute
3. Jump Rope - one minute
4. Butt Kickers - one minute
5. Lateral Shuffles - one minute

### Main Set: One-minute set with one-minute rest

- |                       |   |
|-----------------------|---|
| 1a) High Planks       | 3b) Medicine Ball Chest Passes            |
| 1b) Mountain Climbers | 4a) Good Mornings                         |
| 2a) Wall Squats       | 4b) Medicine Ball Romanian Dead Lift      |
| 2b) Box Step Ups      | 5a) Partner Rotation Hold                 |
| 3a) Push Ups          | 5b) Partner Medicine Ball Rotation Passes |

### Finisher

1. Team Cone Stack

### Cool Down

- |                        |                        |
|------------------------|------------------------|
| 1. Seated Hamstring    | 4. Kneeling Hip Flexor |
| 2. Seated Side Reaches | 5. Chest Openers       |
| 3. Lying Piriformis    |                        |

## WEEK #8: PROGRESSIONS

### Warm Up

- |                               |                                  |
|-------------------------------|----------------------------------|
| 1. Good Mornings - one minute | 4. Butt Kickers - one minute     |
| 2. Franks - one minute        | 5. Lateral Shuffles - one minute |
| 3. Jump Rope - one minute     |                                  |

### Main Set: Two to three rounds one-minute set with one-minute rest

- |                  |                                  |
|------------------|----------------------------------|
| 1. Shoulder Taps | 5. Single Leg Romanian Dead Lift |
| 2. Box Step Ups  | 6. Two Step Band Rotations       |
| 3. Plank Ups     | 7. Plyometric Drop Set           |
| 4. Pull Up Holds |                                  |

### Cool Down

- |                        |                        |
|------------------------|------------------------|
| 1. Seated Hamstring    | 4. Kneeling Hip Flexor |
| 2. Seated Side Reaches | 5. Chest Openers       |
| 3. Lying Piriformis    | 6. Child's Pose        |

# CHAPTER 6: WORKOUT PROGRAMS

## ADVANCED WORKOUT

The following programs are designed for mentors in a weight room setting.

\*For optimal gains in strength, studies have shown the benefits of training in phases.

These strength phases are:

- PHASE 1: Basic Strength or Adaptive Strength
- PHASE 2: Maximum Strength
- PHASE 3: Endurance and Power

If you look at most 12-week training plans, they usually use similar methods. Most often progress is made primarily by adjusting the set, rep, and intensity of each exercise. For example, when looking at a goblet squat during the adaptive phase, the set range is around two to three with a rep count around 12 to 15 using a weight that the kid can maintain proper form throughout the entire set. During the maximum strength phase, the sets will go up to three and four with a rep count around five to eight maximum. This means that the last rep is the maximum that the kid can perform with proper form. When looking at muscular endurance, you are looking at higher reps with higher weight as long as the kid can sustain proper form which can be 15 plus reps or even timed sets. Example: one-minute timed chest press, drop sets, or tabata-style training.

Power is the most sought out training phase, but it is important to point out that true power can only be done with limited rep sets and should not be done to failure. To avoid overtraining or injury, think of your training plan as a time table leading up to the start of a season or competition. Phase 1 should be no less than three weeks long to allow for the kid's body to adapt to weight training. Phase 2 can go three to five weeks depending on how kids are progressing. Phase 3 can range in time with the focus staying on the kid's progression and demonstration of proper form. Remember to start with a strong foundation and mentor the movements before progressing!

Here is the order of the workouts:

- The Plank
- The Squat
- The Push
- The Pull
- The Hinge
- The Rotation
- Conditioning A
- Conditioning B

# CHAPTER 6: WORKOUT PROGRAMS

## THE PLANK

### Warm Up

1. Good Mornings
2. Franks
3. Jump Rope
4. Butt Kickers
5. Lateral Shuffles

### Three to Four Sets

	Phase 1	Phase 2	Phase 3
Plank	45 seconds	45 seconds	45 seconds
TRX Row	15 reps	5 to 8 reps	one minute
Push Up	15 reps	5 to 8 reps	one minute
Medicine Ball Romanian Dead Lift	15 reps	5 to 8 reps	one minute
Shoulder Taps	15 reps	5 to 8 reps	one minute
Box Step Ups	15 reps	5 to 8 reps	one minute
Cable Rotations	15 reps	5 to 8 reps	one minute

### Finisher

1. Football Routes

### Cool Down

1. Seated Hamstring
2. Seated Reaches
3. Lying Piriformis
4. Kneeling Hip Flexor
5. Chest Openers
6. Child's Pose

# CHAPTER 6: WORKOUT PROGRAMS

## THE SQUAT

### Warm Up

1. Good Mornings
2. Franks
3. Jump Rope
4. Butt Kickers
5. Lateral Shuffles

### Three to Four Sets

	Phase 1	Phase 2	Phase 3
Plank	one minute	one minute	one minute
Goblet Squat	15 reps	5 to 8 reps	one minute
Dumbbell Chest Press	15 reps	5 to 8 reps	one minute
Lateral Squat	15 reps	5 to 8 reps	one minute
Dumbbell Row	15 reps	5 to 8 reps	one minute
Band Rotations	15 reps	5 to 8 reps	one minute

### Finisher

1. Plyometric Drop Set

### Cool Down

1. Seated Hamstring
2. Seated Reaches
3. Lying Piriformis
4. Kneeling Hip Flexor
5. Chest Openers
6. Child's Pose

# CHAPTER 6: WORKOUT PROGRAMS

## THE PUSH

### Warm Up

1. Good Mornings
2. Franks
3. Jump Rope
4. Butt Kickers
5. Lateral Shuffles

### Three to Four Sets

	Phase 1	Phase 2	Phase 3
Plank	one minute	one minute	one minute
TRX Push Up	15 reps	5 to 8 reps	one minute
TRX Row	15 reps	5 to 8 reps	one minute
TRX Lunge	15 reps	5 to 8 reps	one minute
Landmine Press	15 reps	5 to 8 reps	one minute
Goblet Squat	15 reps	5 to 8 reps	one minute
Medicine Ball Chest Passes	15 reps	15 reps	one minute

### Finisher

1. Sled Push 50 Yards

### Cool Down

1. Seated Hamstring
2. Seated Reaches
3. Lying Piriformis
4. Kneeling Hip Flexor
5. Chest Openers
6. Child's Pose

# CHAPTER 6: WORKOUT PROGRAMS

## THE PULL

### Warm Up

1. Good Mornings
2. Franks
3. Jump Rope
4. Butt Kickers
5. Lateral Shuffles

### Three to Four Sets

	Phase 1	Phase 2	Phase 3
Shoulder Taps	15 reps	15 reps	one minute
Dumbbell Incline Row	15 reps	5 to 8 reps	one minute
Dumbbell Box Step Up	15 reps	5 to 8 reps	one minute
Cable Rotations	15 reps	5 to 8 reps	one minute
Pull Up Holds	15 reps	5 to 8 reps	one minute
Dumbbell Chest Press	15 reps	5 to 8 reps	one minute
Battle Rope Waves	15 reps	15 reps	one minute

### Finisher

1. Sled Pulls or Rope Pulls with Weight
2. Pyramid Sprints

### Cool Down

1. Seated Hamstring
2. Seated Reaches
3. Lying Piriformis
4. Kneeling Hip Flexor
5. Chest Openers
6. Child's Pose

# CHAPTER 6: WORKOUT PROGRAMS

## THE HINGE

### Warm Up

1. Good Mornings
2. Franks
3. Jump Rope
4. Butt Kickers
5. Lateral Shuffles

### Three to Four Sets

	Phase 1	Phase 2	Phase 3
Good Mornings	15 reps	15 reps	15 Reps
Side Plank	30 Sec	45 Sec	one minute
Single Arm Dumbbell Row	15 reps	5 to 8 reps	one minute
Trap Bar Deadlift	15 reps	5 to 8 reps	one minute
Single Arm Dumbbell Chest Press	15 reps	5 to 8 reps	one minute
TRX Rotation	15 reps	5 to 8 reps	one minute

### Finisher

1. Cone Stack

### Cool Down

1. Seated Hamstring
2. Seated Reaches
3. Lying Piriformis
4. Kneeling Hip Flexor
5. Chest Openers
6. Child's Pose

# CHAPTER 6: WORKOUT PROGRAMS

## THE ROTATION

### Warm Up

1. Good Mornings
2. Franks
3. Jump Rope
4. Butt Kickers
5. Lateral Shuffles

### Three to Four Sets

	Phase 1	Phase 2	Phase 3
Bag Drag	10 reps	10 reps	one minute
Single Arm Dumbbell Row	15 reps	5 to 8 reps	one minute
Single Arm Dumbbell Chest Press	15 reps	5 to 8 reps	one minute
TRX RIP or TWO Step Rotations	10 reps	10 reps	one minute
TRX Lunge	15 reps	5 to 8 reps	one minute

### Finisher

1. Plyometric Drop Set

### Cool Down

1. Seated Hamstring
2. Seated Reaches
3. Lying Piriformis
4. Kneeling Hip Flexor
5. Chest Openers
6. Child's Pose

# CHAPTER 6: WORKOUT PROGRAMS

## CONDITIONING A

### Warm Up

1. Good Mornings
2. Franks
3. Jump Rope
4. Butt Kickers
5. Lateral Shuffles

### Four Sets

Jump Rope	one minute
Box Step Ups	15 reps
Landmine Press	15 reps
TRX Power Pull	15 reps
Medicine Ball Wall Slams	15 reps
Pyramid Sprint	12 yard, 10 yard, 8 yard, 6 yard Pyramid

### Cool Down

1. Seated Hamstring
2. Seated Reaches
3. Lying Piriformis
1. 4. Kneeling Hip Flexor
2. Chest Openers
3. Child's Pose

# CHAPTER 6: WORKOUT PROGRAMS

## CONDITIONING B

### Warm Up

1. Good Mornings
2. Franks
3. Jump Rope
4. Butt Kickers
5. Lateral Shuffles

### Four Sets

Shoulder Taps	15 reps
Step Up/Curl/Press	15 reps
TRX RIP Rotations	15 reps
Push Ups	15 reps
TRX Row	15 reps
Run, Run, Lateral Hops	3 rounds

### Cool Down

1. Kneeling Hip Flexor
2. Chest Openers
3. Child's Pose
4. Seated Hamstring
5. Seated Reaches
6. Lying Piriformis

# MOVEMENT INDEX

In the following section you will find short descriptions of all the movements that we have gone over in this manual.

## STRETCHES

### STATIC STRETCHES

1. Seated Hamstring Stretch
2. Seated Side Reach
3. Lying Piriformis
4. Kneeling Hip Flexor
5. Child's Pose

### DYNAMIC STRETCHES

1. Jumping Jacks
2. Toe Reaches
3. Franks
4. Hip Flexor Reaches
5. Seal Jacks
6. Lateral Shuffles
7. High Knees
8. Butt Kickers
9. Lateral Hip Circle with a Reach
10. Chest Openers

## CORE EXERCISES

### PLANK

1. Single Leg Planks\*\*
2. Shoulder Tap High Planks\*\*
3. Mountain Climbers\*\*\*
4. Plank Ups\*\*\*
5. Side Plank\*\*\*
6. Sandbag Drag\*\*\*\*
7. Battle Rope Side Plank Chops\*\*\*\*

### SQUAT

1. Body Weight Squat\*
2. Wall Squat\*
3. Lateral Squat\*
4. Box Step Up\*\*
5. Goblet Squat/Front Squat\*\*
6. TRX Lunge\*\*\*
7. Trap Bar Squat/Barbell Squat\*\*\*
8. Olympic Bar Squat\*\*\*
9. Dumbbell Step Up\*\*\*\*
10. Box Jumps\*\*\*\*

\*Difficulty level

### PRESS

1. TRX Push Up-Incline Push Up\*
2. Push Up\*
3. Resistance Band Chest Press\*\*
4. Medicine Ball Soft Toss Chest Pass\*\*
5. Dumbbell Chest Press\*\*
6. Single Arm Dumbbell Chest Press\*\*\*
7. Parallel TRX Push Up\*\*\*\*
8. Plyometric Push Up\*\*\*\*

### PULL

1. Partner Pull\*
2. Resistance Band Row\*
3. Pull Up\*\*
4. Rope Pulls\*\*
5. TRX Row\*\*
6. Dumbbell Incline Bench Rows\*\*\*
7. Dumbbell Single Arm Row\*\*\*
8. TRX Single Arm Row\*\*\*
9. Dumbbell Single Arm Bench Row w/leg up\*\*\*\*

### HINGE

1. Good Mornings\*
2. Single-Leg Romanian Dead Lift with Medicine Ball\*
3. Trap Bar Deadlift\*\*
4. Dumbbell Deadlift\*\*\*
5. Kettlebell Deadlift\*\*\*
6. Olympic Bar Deadlift\*\*\*
7. Dumbbell Single Leg Romanian Dead Lift\*\*\*\*
8. Kettlebell Swing\*\*\*\*

### ROTATION

1. Partner Rotation Holds\*
2. Band Rotations\*
3. Wall Ball Rotations/Partner passes\*\*
4. TRX RIP Trainer Rotations\*\*\*
5. Two Step Band Rotations\*\*
6. TRX Rotations\*\*\*
7. Wall Slams\*\*\*\*
8. Landmine Rotations\*\*\*\*

# MOVEMENT INDEX

## MIX AND MATCH

1. Down Up (Modified Burpees)\*\*
2. TRX Power Row-Pull/Rotation\*\*\*
3. Soft Toss Rotational Press Throws-Rotation/Press\*\*\*
4. Battle Rope Chops\*\*\*
5. Landmine Rotational Press-Rotation/Press\*\*\*
6. Box Step Up Curl/Press-Squat/Press\*\*\*\*
7. TRX-RIP Two step Rotational Press-Rotation/Press\*\*\*\*
8. Sled Pushes-Squat/Press\*\*\*\*
9. Sled Push to Pulls-Squat/Push/Pull\*\*\*\*
10. Tire Flips-Squat/Push\*\*\*\*

## Difficulty levels

* Low difficulty	** Moderate difficulty	*** Intermediate difficulty	**** High difficulty
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# MOVEMENT INDEX

## STRETCHES

### **STATIC STRETCHES:**

#### **SEATED HAMSTRING STRETCH**

**Start** by sitting on the floor or mat with both legs extended straight out in front of you.

**Next**, while keeping both legs extended slowly reach towards your toes until you feel a stretch in your hamstrings (back of your legs).

**Hold** for no less than 30 seconds.



#### **SEATED SIDE REACHES**

**Start** by sitting on the floor or mat with both legs extended and apart until you feel a stretch in your inner thighs.

**Next**, while keeping both legs extended slowly reach towards your toes until you feel a stretch in your hamstrings and inner thighs.

**Hold** for no less than 30 seconds.



#### **LYING PIRIFORMIS**

**Start** by lying on floor or mat with feet on floor and knees bent approximately 90 degrees.

**Next**, cross thighs by laying back of knee on thigh of other leg. Lift legs and hug both thighs locking both hands together behind knee of lower leg.

**Hold** for no less than 30 seconds each side.



# MOVEMENT INDEX

## KNEELING HIP FLEXOR

**Start** by kneeling down on one knee on the floor or mat and the other foot planted on floor with a 90 degree bent knee.

**Next**, slowly push your hips forward while keeping your knee down on the ground until you feel a stretch in the front of your hip.

**Hold** for no less than 30 seconds.



## CHILD'S POSE

**Start** by kneeling on the floor. Touch your big toes together and sit on your heels, then separate your knees about as wide as your hips.

**Next**, bend forward from the hips and walk your hands out as far in front of you as possible. With your arms extended and palms facing down, come up onto the fingertips as if you have a ball underneath your palms and drop your chest toward the ground. (Pictured)

**Hold** for no less than 30 seconds.

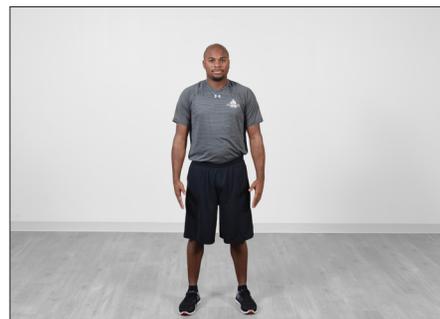
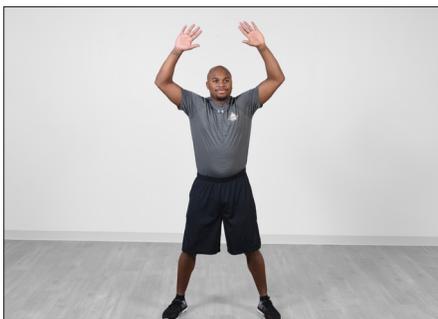
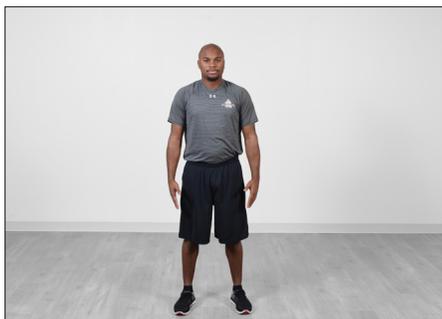


# MOVEMENT INDEX

## STRETCHES

### DYNAMIC STRETCHES:

#### JUMPING JACKS

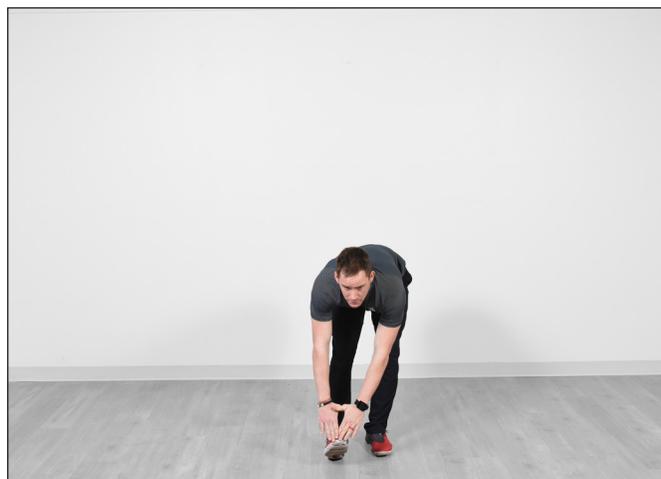


**Start:** Feet together and arms at your sides.

**Movement:** Jump while raising arms up over head and separating legs to sides. Land on forefoot with legs apart and arms overhead. (Pictured)

**Finish:** Jump again and while lowering arms return legs to midline. Land on forefoot with arms and legs in original position and repeat.

#### TOE REACHES



**Start:** Arms at your sides and feet hip width apart.

**Movement:** Raise your arms up laterally to chest height while putting one foot in front of you with the heel down and toe raised.

**Finish:** Bring arms together in front of you and reach down to raised toe and then come back up to the starting position and alternate.

# MOVEMENT INDEX

## FRANKS

**Start:** Hands at your sides and feet hip width apart.

**Movement:** Kick one leg straight up in front of you while reaching with opposite hand to the toe of your raised leg. (Pictured)

**Finish:** Bring leg back to starting position and repeat.



## HIP FLEXOR REACHES

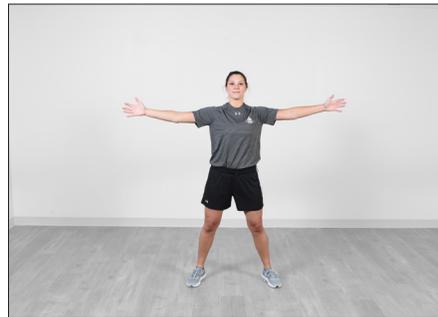
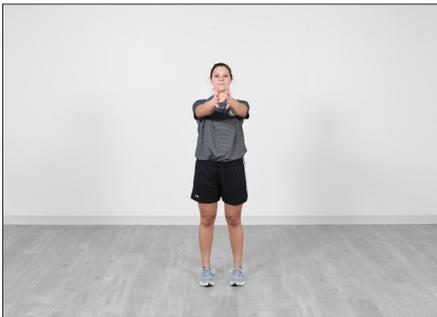
**Start:** Start with arms at your sides and feet hip width apart.

**Movement:** Step back with one leg as if to perform a lunge, but keep your back leg only slightly bent and go down until you feel a slight stretch in the hip flexors of that leg. (Pictured)

**Finish:** In the lowest position, reach that side arm up overhead and toward the opposite side. Then come back to the starting position and repeat.



## SEAL JACKS



**Start:** Move as if you are performing a normal Jumping Jack, but with arms straight out in front of you at chest height.

**Movement:** Jump as if to perform a normal Jumping Jack but bring arms back until you feel a stretch in your chest.

**Finish:** Come back to the starting position and repeat.

# MOVEMENT INDEX

## LATERAL SHUFFLES



**Start:** Position yourself in a mid-squat with feet shoulder width apart. (Pictured)

**Movement:** Step fast laterally while staying low in your mid squat.

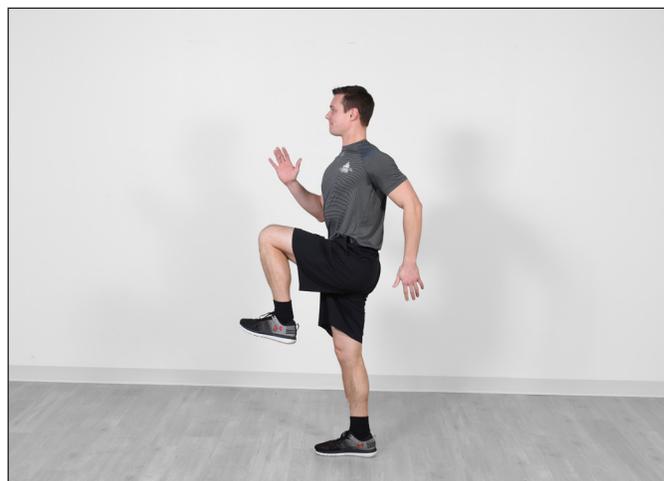
**Finish:** Go desired distance or steps and rest.

## HIGH KNEES

**Start:** Stand upright with feet hip width apart.

**Movement:** Bring one knee up to hip height and back down, and alternate sides. (Pictured)

**Finish:** Speed up your tempo when you can maintain correct form.

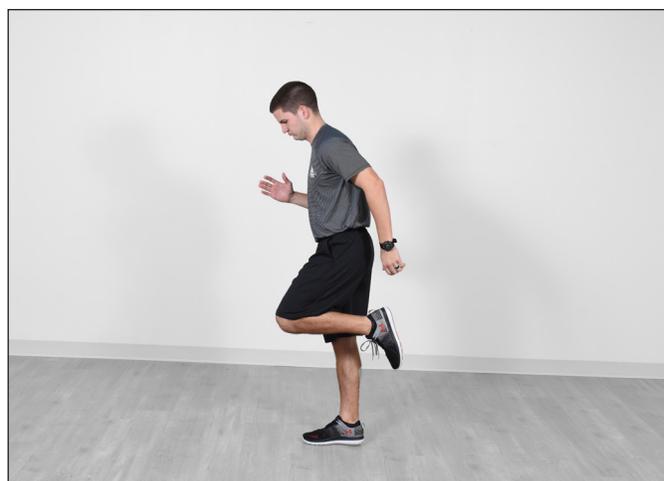


## BUTT KICKERS

**Start:** Stand upright with feet hip width apart.

**Movement:** Kick one leg back behind you while bending your knee as to kick your own butt. (Pictured)

**Finish:** Bring leg back down to the starting position and alternate sides.



# MOVEMENT INDEX

## LATERAL HIP CIRCLES WITH A REACH



**Start:** Stand upright with feet shoulder width apart.

**Movement:** Bring one leg up and rotate at the hip as if to perform a circle with that knee.

**Finish:** After performing a circle with that leg, step laterally to that side until you feel a slight stretch in the opposite inner thigh, then repeat.

## CHEST OPENERS



**Start:** Begin in a high plank.

**Movement:** Bring one arm out to the side while maintaining a strong plank until you feel a slight stretch in your chest.

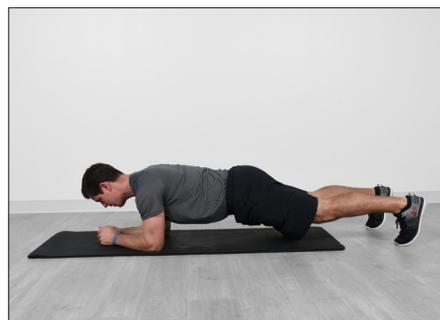
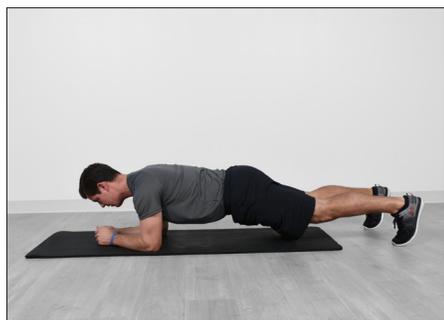
**Finish:** Bring arm back down to the starting position and then alternate sides.

# MOVEMENT INDEX

## CORE EXERCISES

### PLANKS:

#### SINGLE LEG PLANKS\*\*

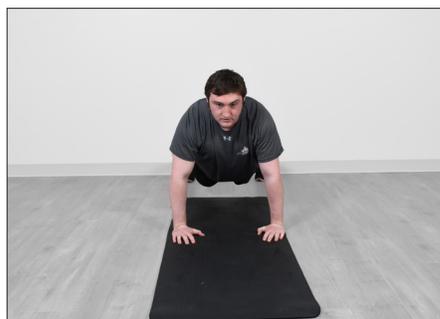
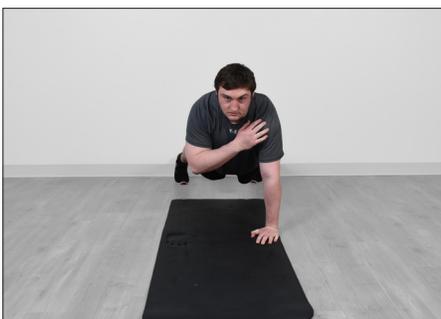


**Start:** Begin in a high plank.

**Movement:** Lift one leg off of ground (without shifting your hips).

**Finish:** Return to a high plank.

#### SHOULDER TAP HIGH PLANKS\*\*



**Start:** Begin in a high plank.

**Movement:** Raise one hand up to touch your opposite shoulder (without shifting your hips).

**Finish:** Return to a high plank.

# MOVEMENT INDEX

## MOUNTAIN CLIMBERS\*\*\*



**Start:** Begin in a high plank.

**Movement:** Alternate bringing each leg up to mimic running in place without raising your hips.

**Finish:** Return to a high plank.

## PLANK UPS\*\*\*



**Start:** Begin in a low plank (on forearms).

**Movement:** Lift yourself up into a high plank (alternate pushing arms without shifting your hips).

**Finish:** Return to a low plank.

## SIDE PLANK\*\*\*

**Start:** Begin on your side with feet together and one forearm directly below your shoulder.

**Movement:** Keeping your core engaged, raise your hips until your body is in a straight line from head to feet. Hold this position without letting your hips drop.

**Finish:** Return to the starting position and alternate sides.



# MOVEMENT INDEX

## SANDBAG DRAG\*\*\*\*

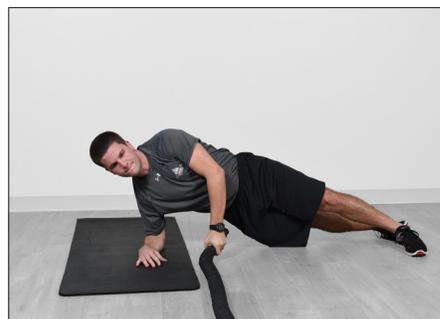
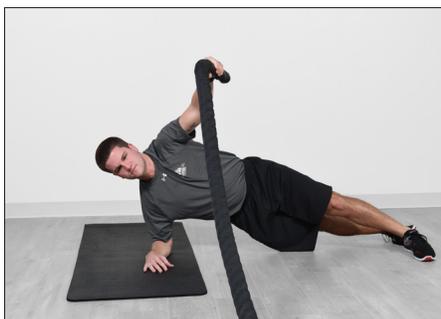
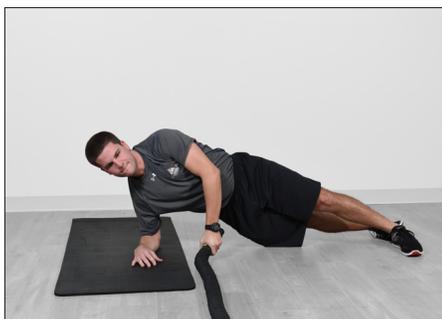


**Start:** Begin in a plank position with your feet wide apart and your sandbag to one side of your body.

**Movement:** Bring the opposite arm under your body, palm up, to reach the outside handle of the bag. Then slowly drag the bag to the opposite side.

**Finish:** Repeat with other arm.

## BATTLE ROPE SIDE PLANK CHOPS\*\*\*\*



**Start:** Begin in a side plank with hand holding one battle rope.

**Movement:** While maintaining the side plank, begin to perform a battle rope wave for desired time.

**Finish:** Return to a side plank and switch sides.

# MOVEMENT INDEX

## **SQUATS:**

### **BODY WEIGHT SQUAT\***



**Start** with your feet shoulder width apart, your weight in your heels with your head and chest up. THINK PLANK!

**Next** begin to bring your body down as if to sit into a chair. Stop when knees are at 90 degrees.

**Then**, come back up to starting position.

### **WALL SQUAT\***

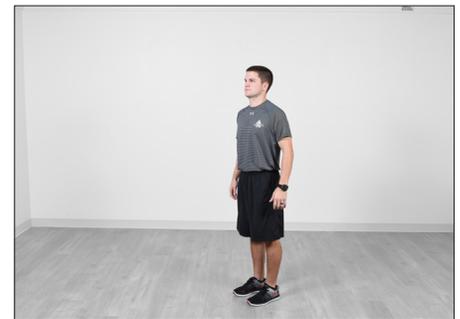
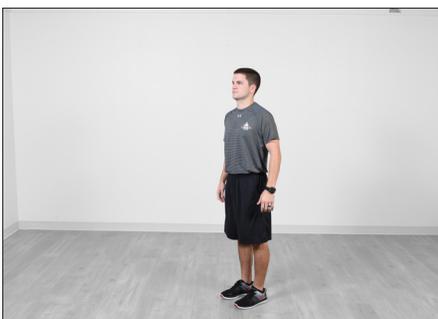
**Start:** Begin with your head and back against the wall and feet hip width apart.

**Movement:** Bring body down into a squat until legs are parallel with the ground, and have your knees behind your toes for a desired time.

**Finish:** Return to the starting position.



### **LATERAL SQUAT\***



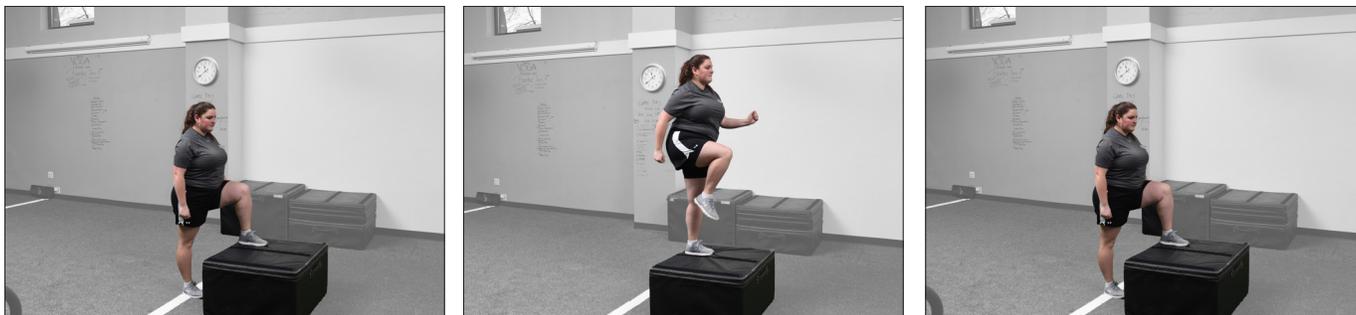
**Start:** Begin by standing upright with feet hip width apart.

**Movement:** Step to one side and perform a wide squat.

**Finish:** Keep weight on your heels and push off of the outside leg and go back to starting position.

# MOVEMENT INDEX

## BOX STEP UP\*\*

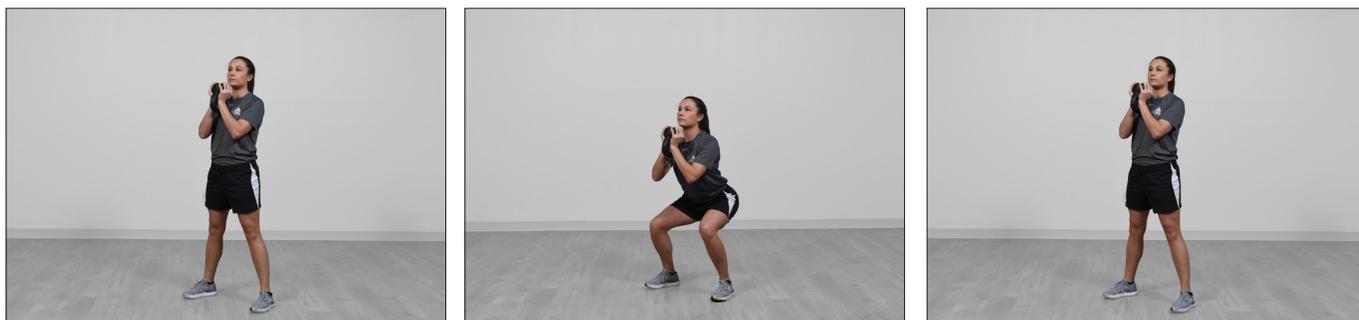


**Start:** Begin by standing upright with feet hip width apart and box approximately one foot in front of you.

**Movement:** Step up onto the box with one foot, keep weight on the heel and knee behind your toes. Then, lift opposite leg and bring opposite leg up to being parallel with ground.

**Finish:** Slowly go back down to starting position.

## GOBLET SQUAT/FRONT SQUAT\*\*



**Start:** Begin by standing upright with feet hip width apart, hold desired kettlebell or weight in front of you at chest height.

**Movement:** Maintaining a strong core, slowly bring your body down into a squat.

**Finish:** Try to get legs as close to parallel with the ground as possible with your knees behind your toes, then come back up to starting position.

# MOVEMENT INDEX

## TRX LUNGE\*\*\*



**Start:** Begin by standing upright facing away from the TRX with one foot in the cradle.

**Movement:** While bending knee of planted leg perform a single leg squat, bring suspended leg back to where knee is directly below your hips. Try to get planted leg as close to parallel with ground as possible.

**Finish:** Pushing through the heel of the planted leg with knee behind toe, come back up to your starting position.

## TRAP BAR SQUAT/BARBELL SQUAT\*\*\*



**Start:** Begin by standing upright with feet hip width apart holding desired weight on the trap or barbell.

**Movement:** Maintaining a strong core, slowly perform a squat until legs are as close to parallel as possible.

**Finish:** Keep heels on the floor with knees behind toes bring yourself back up to starting position.

# MOVEMENT INDEX

## OLYMPIC BAR SQUAT\*\*\*

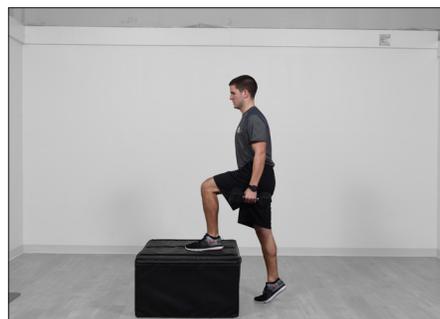
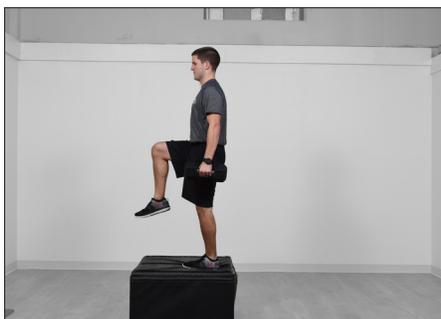
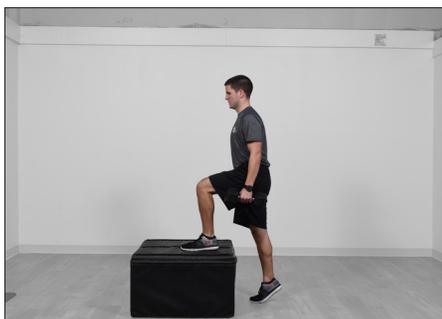


**Start:** Begin with your feet shoulder width apart, your weight in your heels with your head and chest up with the bar resting behind your head on the tops of your shoulders. THINK PLANK!

**Movement:** Bring your body down as if to sit into a chair. Stop when knees are at 90 degrees.

**Finish:** Come back up to starting position.

## DUMBBELL STEP UP\*\*\*\*



**Start:** Begin by standing upright with feet hip width apart and box approximately one foot in front of you holding desired weight dumbbell(s).

**Movement:** Step up onto the box with one foot, keeping weight on the heel and knee behind your toes. Then, lift opposite leg, and bring opposite leg up and parallel with ground.

**Finish:** Slowly go back down to starting position.

# MOVEMENT INDEX

## BOX JUMPS\*\*\*\*



**Start:** Stand facing box with feet hip width apart.

**Movement:** Bring your body down to perform a squat then jump up on the box.

**Finish:** Landing softly on the box and step back down to the starting position.

*\*Box Jumps are a power movement, so remember to limit the number of jumps to avoid the risk of injury.*

## **PRESSES:**

### TRX PUSH UP-INCLINE PUSH UP\*



**Start:** Hold one handle in each hand facing away from the anchor point standing in an inclined high plank with feet shoulder width apart and hands in line with your shoulders.

**Movement:** While maintaining a plank, slowly bring your body down to perform a push up.

**Finish:** Bring body down with elbow as close to 90 degrees as possible and then return to the starting position.

# MOVEMENT INDEX

## PUSH UP\*



**Start:** Begin in a high plank with feet shoulder width apart and hands directly under your shoulders.

**Movement:** While maintaining a plank, slowly bring your body down to perform a push up.

**Finish:** Bring body down with elbows as close to 90 degrees as possible and then return to the starting position.

## RESISTANCE BAND CHEST PRESS\*\*



**Start:** With band anchored at center, stand facing away from anchor point holding one handle in each hand while one foot is in front of the other to stabilize.

**Movement:** Keeping hands in line with your shoulders and elbows down slightly, slowly bend elbows to bring hand back towards your shoulders.

**Finish:** Maintaining an upright position, bring hands as close to your body as possible then return to the starting position.

# MOVEMENT INDEX

## MEDICINE BALL SOFT TOSS CHEST PASS\*\*



**Start:** Stand upright holding a medicine ball across from a partner or solid wall with feet hip width apart.

**Movement:** While maintaining a strong core, bring ball back towards your body. In a pushing movement, throw medicine ball to your partner or wall.

**Finish:** Catch ball from wall or partner softly and repeat.

## DUMBBELL CHEST PRESS\*\*



**Start:** Lay on the bench while holding the desired dumbbell weight in each hand with fully extended arms.

**Movement:** Keep weight directly over your shoulders with your back flat on the bench while you slowly bend your elbows to bring weight down.

**Finish:** Bring elbows down to as close to 90 degrees as possible and then press up to starting position.

# MOVEMENT INDEX

## SINGLE ARM DUMBBELL CHEST PRESS\*\*\*



**Start:** Lay down on the bench while holding the desired dumbbell weight in one hand and fully extend your arm.

**Movement:** Hold weight directly over your shoulders and keep your back flat on the bench while slowly bending your elbow to bring weight down.

**Finish:** Bring elbow down to as close to 90 degrees as possible, then press up to starting position.

## PARALLEL TRX PUSH UP\*\*\*\*



**Start:** Begin in a high plank facing the ground with each foot in one TRX handle hanging about three inches off of the ground.

**Movement:** Slowly bring yourself down into a push up.

**Finish:** Bring yourself down to as close to a 90 degree elbow bend as possible then return to the starting position.

# MOVEMENT INDEX

## PLYOMETRIC PUSH UP\*\*\*\*



**Start:** Begin in a high plank with hands and elbows directly below your shoulders.

**Movement:** Slowly bring your body down to perform a push up and then explode up. To make this move more challenging, try to clap while you are in the air.

**Finish:** Lifting your hands as you explode up. Land back in starting position with a slight bend in your elbows to absorb the impact.

*\*Plyometric Push Ups are a power movement so remember to limit the number to avoid the risk of injury.*

## **PULLS:**

### PARTNER PULL\*



**Start:** Stand upright facing your partner about two feet apart, grasping one of your partner's hands (R-R or L-L).

**Movement:** Maintain a strong core, slowly pull partner's arm towards you bending your elbow and keeping your shoulder down.

**Finish:** Go back to starting position and then allow your partner to perform the same action while you are controlling the resistance for them.

# MOVEMENT INDEX

## RESISTANCE BAND ROW\*



**Start:** With band anchored at center, stand upright facing the anchor point holding one handle in each hand and arms extended in line with your chest.

**Movement:** Slowly bend elbows bringing your hands back in a pulling motion.

**Finish:** Keep your shoulders down, bring hand as close to your body as possible, then extend arms back to starting position.

## PULL UP\*\*



**Start:** Hang on pull up bar with desired grip.

**Movement:** Pull your body up towards bar.

**Finish:** Get chin as close to over the bar as possible then slowly return to starting point.

# MOVEMENT INDEX

## ROPE PULLS\*\*



**Start:** Stand in a mid squat position holding rope in each hand with resistance on other end.

**Movement:** Maintain a solid core, pull weight closer as you alternate pulling arms.

**Finish:** Return to start after desired distance is pulled.

## TRX ROW\*\*



**Start:** Standing at desired angle facing anchor point holding both handles with arms fully extended.

**Movement:** While keeping your body in a straight line from your head to feet pull hand back to your body bringing yourself up.

**Finish:** When at highest point as possible slowly bring yourself back down to starting point.

# MOVEMENT INDEX

## DUMBBELL INCLINE BENCH ROWS\*\*\*



**Start:** Lay chest down on incline bench, holding one dumbbell in each arm extended.

**Movement:** Maintain a strong core pull dumbbell up towards your chest.

**Finish:** When dumbbell is as close to your body as possible return to starting position.

## DUMBBELL SINGLE ARM ROW\*\*\*



**Start:** Kneel on bench with one leg on ground, holding one dumbbell in desired arm extended.

**Movement:** Maintain a strong core pull dumbbell up towards your chest.

**Finish:** When dumbbell is as close to your body as possible, return to starting position.

# MOVEMENT INDEX

## TRX SINGLE ARM ROW\*\*\*



**Start:** Stand at desired angle facing anchor point, holding one handle fully extended.

**Movement:** While keeping your body in a straight line from head to toe, pull hand back to your body bringing yourself up.

**Finish:** When at highest point as possible, slowly bring yourself back down to starting point.

## DUMBBELL SINGLE ARM BENCH ROW WITH LEG UP\*\*\*\*



**Start:** Kneel on bench with opposite leg lifted off the ground, and hold one dumbbell in desired arm fully extended.

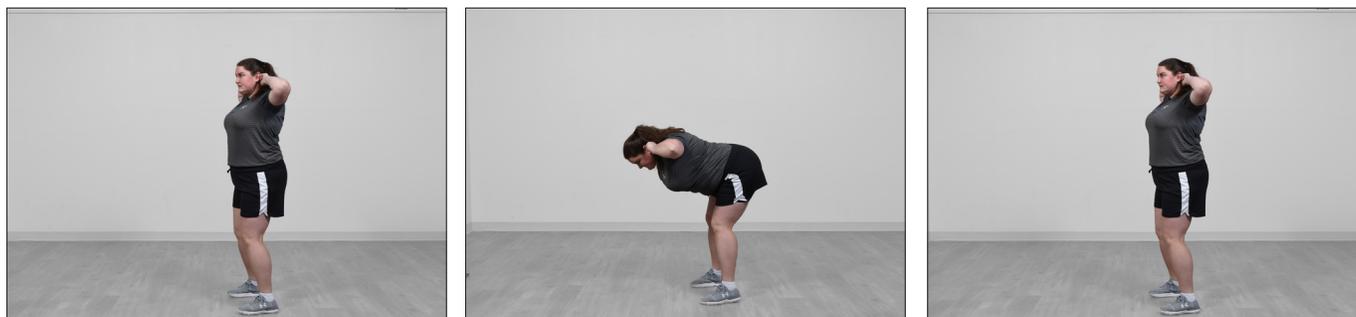
**Movement:** Maintain a strong core and pull dumbbell up towards your chest.

**Finish:** When dumbbell is as close to your body as possible, return to starting position.

# MOVEMENT INDEX

## HINGES

### GOOD MORNINGS\*



**Start:** Stand upright with feet shoulder width apart, place hands on the back of the head as shown, or you can have your hands crossed and placed on shoulders.

**Movement:** Maintain a strong core with a flat back and a slightly bent knee, slowly hinge at the hip.

**Finish:** Bring body as close to parallel with the ground as possible, then return to the start position.

### SINGLE-LEG ROMANIAN DEAD LIFT (WITH MEDICINE BALL)\*



**Start:** Stand upright with feet shoulder width apart, hold a medicine ball with both hands against your chest.

**Movement:** Maintain a strong core with a flat back and a slightly bent knee, slowly hinge at the hip and lift one leg up and back behind you.

**Finish:** Bring body and raised leg as close to parallel with the ground as possible, then return to the start position.

# MOVEMENT INDEX

## TRAP BAR DEADLIFT\*\*

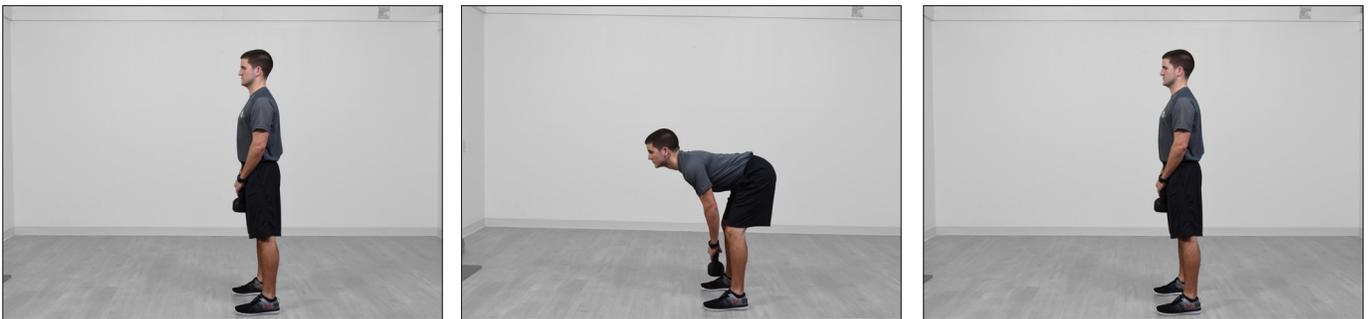


**Start:** Stand upright with feet shoulder width apart, hold the desired weighted trap bar.

**Movement:** Maintain a strong core with a flat back and a slightly bent knee, then slowly hinge at the hip while keeping your shoulders set back and down.

**Finish:** Bring body as close to parallel as possible with the ground or plates touching the ground, then return to the start position.

## KETTLEBELL DEADLIFT\*\*\*



**Start:** Stand upright with feet shoulder width apart, holding the desired weighted kettlebell.

**Movement:** Maintain a strong core with a flat back and a slightly bent knee, then slowly hinge at the hip while keeping your shoulders set back and down.

**Finish:** Bring body as close to parallel as possible with the ground or kettlebell is touching the ground, then return to the start position.

# MOVEMENT INDEX

## OLYMPIC BAR DEADLIFT\*\*\*

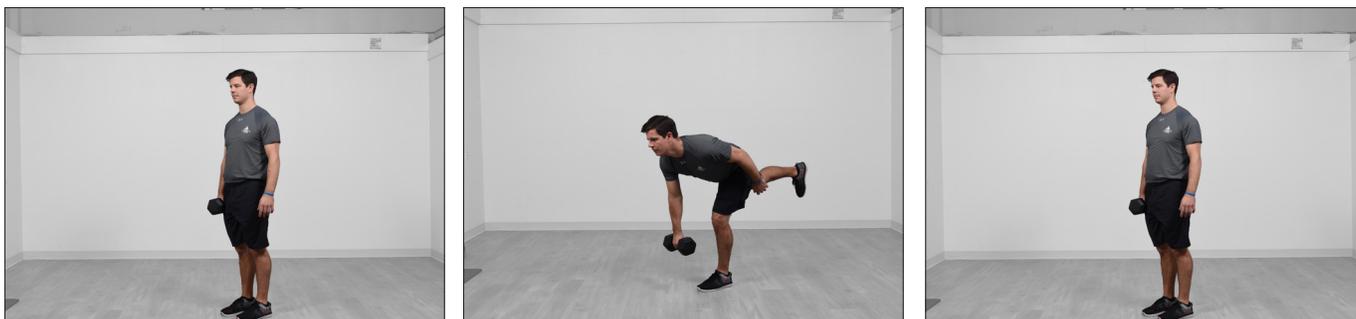


**Start:** Stand upright with feet shoulder width apart, hold the desired weighted barbell.

**Movement:** Maintain a strong core with a flat back and a slightly bent knee, then slowly hinge at the hip while keeping your shoulders set back and down and keep bar in line with your shins.

**Finish:** Bring body as close to 90 degrees or perpendicular to the floor as possible, then return to the start position.

## DUMBBELL SINGLE LEG ROMANIAN DEADLIFT\*\*\*\*



**Start:** Stand upright with feet shoulder width apart, holding desired weight dumbbell(s).

**Movement:** Maintain a strong core with a flat back and a slightly bent knee, then slowly hinge at the hip and lift one leg up and back.

**Finish:** Bring body and the raised leg as close to parallel with the ground as possible. At the same time, lower the weight toward the ground. Then return to the start position.

# MOVEMENT INDEX

## KETTLEBELL SWING\*\*\*\*



**Start:** Stand upright with feet shoulder width apart, holding kettlebell with both hands.

**Movement:** Maintain a strong core with a flat back and a slightly bent knee, then slowly hinge at the hip.

**Finish:** Explode up through your heels maintaining a strong core and swing Kettlebell up to chest height. Then repeat for desired number of reps.

*\*Kettlebell Swings are a power movement so remember to limit the number to avoid the risk of injury.*

## ROTATIONS

### PARTNER ROTATION HOLDS\*

**Start:** Stand upright with feet shoulder width apart and approximately two feet apart from your partner with hands together extended out in front of chest.

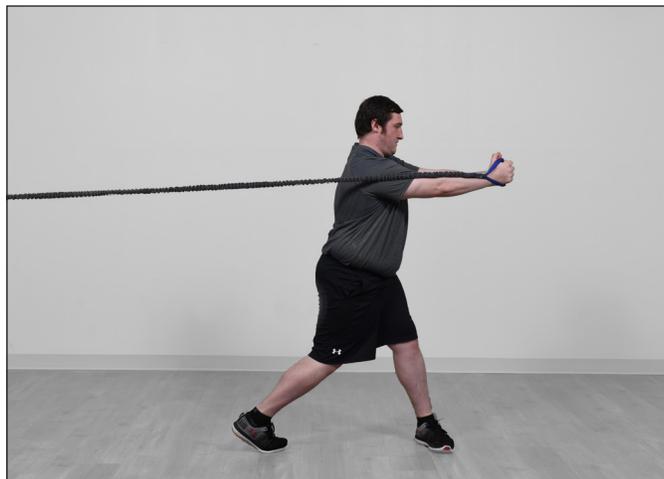
**Movement:** With backsides of hands touching partners, slowly apply pressure working together to keep arms centered. (Pictured)

**Finish:** Maintain a strong core, hold for the desired amount of time, then switch sides.



# MOVEMENT INDEX

## BAND ROTATIONS\*

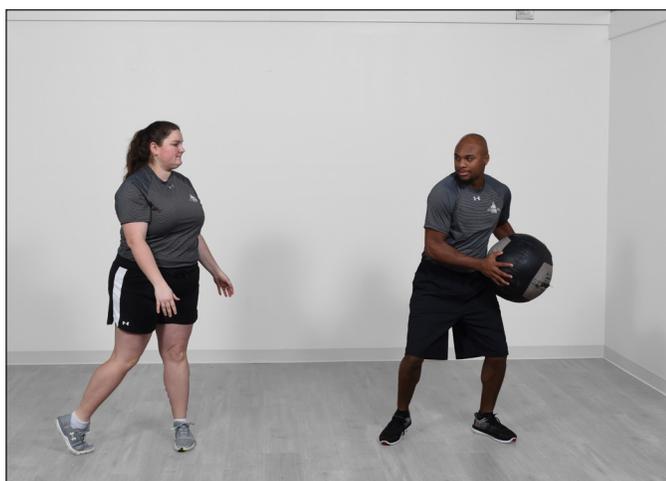


**Start:** With one end of band anchored, stand upright with feet shoulder width apart and arms fully extended out in front of you holding onto the free handle.

**Movement:** Maintain a strong core and rotate the entire body as one pivoting off the inside leg, keeping arms fully extended.

**Finish:** Return back to starting position and repeat for desired number of reps.

## WALL BALL ROTATIONS/PARTNER PASSES\*\*



**Start:** Stand upright approximately six feet from your partner or solid wall with feet shoulder width apart holding a soft toss medicine ball.

**Movement:** Maintain a strong core and rotate the entire body as one pivoting off the inside leg and tossing the medicine ball to your partner or the wall.

**Finish:** Catch the ball from your partner or wall, and return back to starting position. Repeat for desired number of reps.

# MOVEMENT INDEX

## TRX RIP TRAINER ROTATIONS\*\*



**Start:** With one end of RIP trainer band anchored stand upright with feet shoulder width apart holding RIP in both hands at chest height out in front of you.

**Movement:** Maintain a strong core and rotate the entire body as one pivoting off the inside leg.

**Finish:** Return back to starting position, and repeat for desired number of reps.

## TWO STEP BAND ROTATIONS\*\*\*



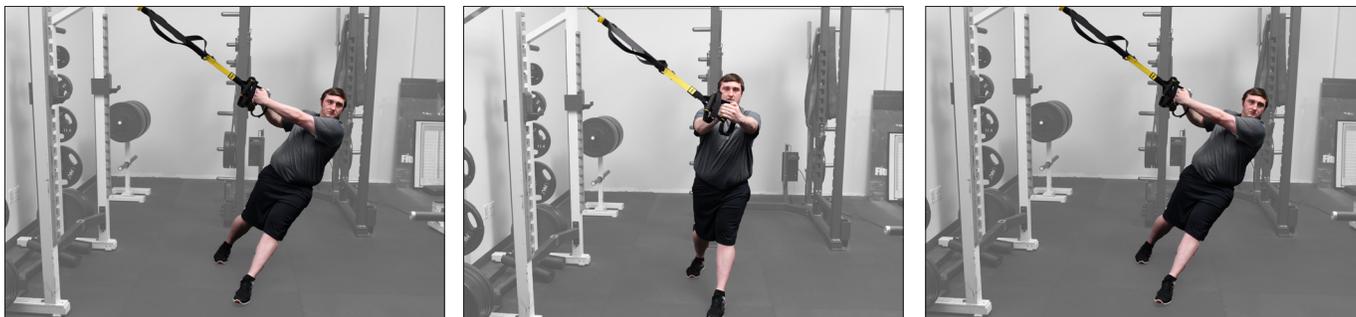
**Start:** With one end of band anchored, stand upright with feet shoulder width apart and arms fully extended out in front of you holding onto the free handle.

**Movement:** Maintain a strong core, shuffle and two steps laterally, and then rotate the entire body as one pivoting off the inside leg, while keeping arms fully extended.

**Finish:** Shuffle two steps back and return back to starting position, and repeat for desired number of reps.

# MOVEMENT INDEX

## TRX ROTATIONS\*\*\*



**Start:** With TRX fully extended, stand upright in a split stance with the outside leg in front holding the TRX handles together in both hands with arms fully extended in front of you at chest height.

**Movement:** Slowly fall away from the anchor point, keeping your hips free to rotate with your movement.

**Finish:** Rotate your entire body as one and return to the starting position.

## WALL SLAMS\*\*\*\*



**Start:** Stand upright approximately six feet from a solid wall with feet shoulder width apart holding a soft toss medicine ball.

**Movement:** Maintain a strong core rotating the entire body as one pivoting off the inside leg and exploding the ball to hit the wall.

**Finish:** Catch the ball off the wall, and return back to starting position. Repeat for desired number of reps.

*\*Wall slams are a power movement, so remember to limit the number to avoid the risk of injury.*

# MOVEMENT INDEX

## LANDMINE ROTATIONS\*\*\*\*



**Start:** Stand upright with feet shoulder width apart, and hold one end of the bar with desired weight in both hands.

**Movement:** Maintain a strong core and slowly lower the bar to the side while rotating your entire body as one.

**Finish:** Bring bar down as far as possible, then return to the starting position.

## MIX AND MATCH

### DOWN UPS (MODIFIED BURPEES)



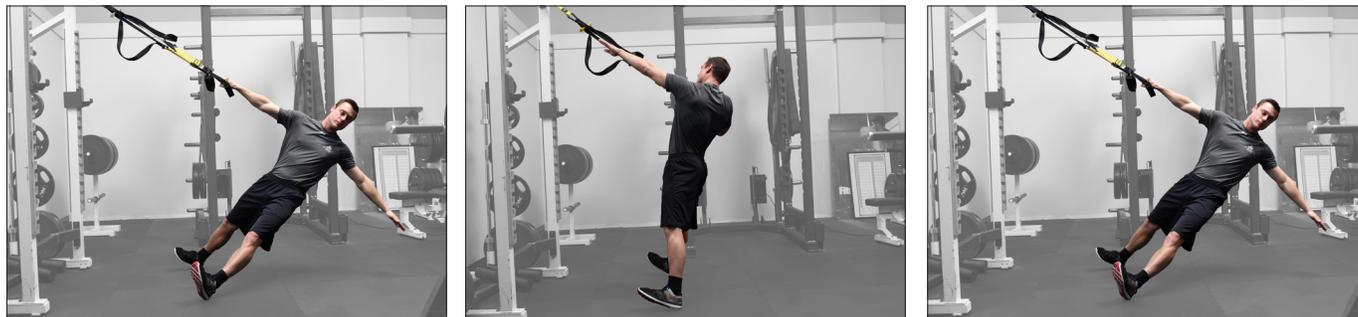
**Start:** Stand upright.

**Movement:** Drop down to the ground, and then extend legs out into a high plank.

**Finish:** Come back up to your starting position.

# MOVEMENT INDEX

## TRX POWER ROW-PULL/ROTATION\*\*\*



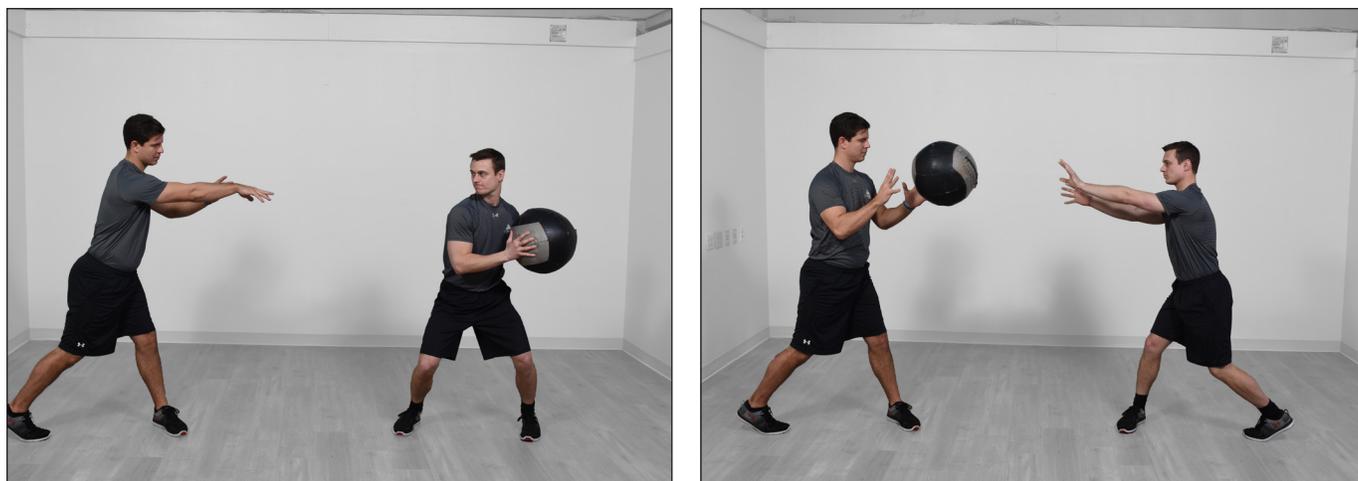
**Start:** Stand at desired angle facing anchor point holding one handle fully extended.

**Movement:** Keep your body in a straight line from your head to toes, rotate body as one and bring opposite arm out and away from anchor point. Rotate the entire body back as one and perform a Single Arm TRX Row.

**Finish:** When at highest point possible, slowly bring yourself back down to starting point.

*\*Power Rows are a power movement so remember to limit the number of reps to avoid the risk of injury.*

## SOFT TOSS ROTATIONAL PRESS THROWS-ROTATION/PRESS\*\*\*



**Start:** Stand upright approximately six feet from a solid wall or a partner with feet shoulder width apart holding a soft toss medicine ball.

**Movement:** Maintain a strong core, rotate the entire body as one pivoting off of the inside leg and exploding the ball to hit the wall or pass to your partner with one arm such as in a chest pass.

**Finish:** Catch the ball off the wall or from your partner and return back to starting position. Repeat for desired number of reps.

*\*Soft Toss Rotational Presses are a power movement so remember to limit the number to avoid the risk of injury.*

# MOVEMENT INDEX

## BATTLE ROPE CHOPS\*\*\*

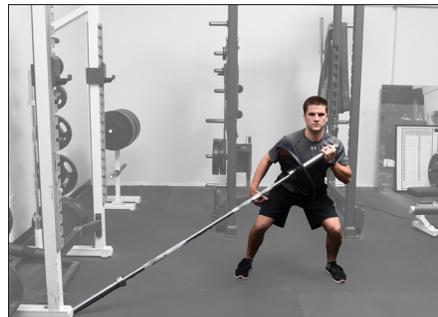


**Start:** Stand in an upright position with feet shoulder width apart holding one end of battle rope in each hand.

**Movement:** Drop down into a semi squat and maintain a strong core, then as to mimic an alternating row with each arm, lift the rope up and down to create a wave pattern that goes all the way to the anchor point of the rope.

**Finish:** Go for the desired time or reps and rest!

## LANDMINE ROTATIONAL PRESS-ROTATION/PRESS\*\*\*



**Start:** Stand upright with feet shoulder width apart. Hold one end of the bar with desired weight in one hand.

**Movement:** Maintain a strong core and slowly lower the bar down to your shoulder.

**Finish:** Bring bar down to as close to your shoulder as possible, and press up to the starting position while rotating the entire body as one.

# MOVEMENT INDEX

## BOX STEP-UP CURL/PRESS-SQUAT/PRESS\*\*\*\*



**Start:** Stand upright with feet hip width apart and box approximately one foot in front of you holding desired dumbbell(s) weights.

**Movement (1):** Step up on the box with one foot, keeping weight on the heel and knee behind your toes. Then, lift opposite leg. Bring opposite leg up parallel with ground.

**Movement (2):** Perform a bicep curl with dumbbell, then transition into an overhead shoulder press.

**Finish:** Slowly bring arm back down to side, and go back to starting position.

## TRX-RIP TWO STEP ROTATIONAL PRESS-ROTATION/PRESS\*\*\*\*



**Start:** With one end of RIP Trainer band anchored, stand upright with feet shoulder width apart holding RIP in both hands at chest height out in front of you.

**Movement:** Maintain a strong core rotate the entire body as one pivoting off the inside leg then press RIP Trainer out in front of you.

**Finish:** Return back to starting position, and repeat for desired number of reps.

# MOVEMENT INDEX

## SLED PUSH TO PULLS-SQUAT/PUSH/PULL\*\*\*\*



**Start:** Begin with desired weight on the sled placed on a sufficient surface.

**Movement (1):** Push sled while maintaining a strong core and keeping arms slightly bent out in front of you.

**Movement (2):** Push to desired distance then pick up TRX Handles and Pull!

**Finish:** Maintain a strong core with shoulders down and back. Pull sled the desired distance, then rest!

## TIRE FLIPS-SQUAT/PUSH\*\*\*\*



**Start:** Stand upright with feet hip width apart approximately one foot behind tire.

**Movement:** Maintaining a strong core, slowly bring your body down into a squat. While maintaining correct squat form, lift tire with both hands.

**Finish:** Once tire gets to upright position, press it forward to flip over. Repeat.

*\*Tire Flips are an extremely complex and power movement, so ensure to keep correct form throughout and limit reps to avoid injury.*

# FINAL THOUGHTS

## REINFORCING THE LESSONS

*"Perfect practice makes perfect." – Cal Ripken, Sr.*

Much like anything in life, fitness and the amount of physical activity a young person participates in revolves around their ability to choose. While every person has the choice to be physically active, it is up to us as mentors to lead the way.

Remember, not every child is going to be a sports superstar and that is okay. However, everyone can be active. All it takes is a basic understanding that including physical activity in their daily routine is a healthy, productive choice. It starts with you, so set the tone and make fitness fun!

Finally, there is no magic wand or perfect answer to questions of fitness, but we can all lead by example. Youth will always follow the lead of a positive, productive role model. Now is the time to get out, get active, and get kids moving on the path towards an active lifestyle!



# FINAL THOUGHTS

## RESOURCES

You can find additional materials on the resource portal of the Ripken Foundation website, including videos of many of the exercises listed in the movement index.

To access the resource portal, visit:

<http://www.ripkenfoundation.org/resource-portal>

Our online portal hosts additional curricula, materials, and lessons to use with your kids.

## CONNECT WITH US

You are on the front lines, empowering kids in your community each and every day. You're there through life's challenges, just as Cal Ripken, Sr. was for his kids and his players: teaching them how to make the best of every situation, leading by example, and encouraging them to make healthy choices.

At the Cal Ripken, Sr. Foundation, we see our role as supporting you in this shared mission.

This guidebook is just a stepping stone to start your Fitness program! We hope you find ways to expand and keep your program going in perpetuity. Here are some resources to encourage program growth:

For more information about the Cal Ripken Sr. Foundation, visit our website at <http://www.ripkenfoundation.org>

Follow us on Twitter at <http://www.twitter.com/CalRipkenSrFdn>

Find us on Facebook at <http://www.facebook.com/CalRipkenSrFdn>

Follow us on Instagram at <http://www.instagram.com/CalRipkenSrFdn>

Check out our YouTube Channel at <http://www.youtube.com/CalRipkenSrFdn>

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This manual was written in collaboration with Impact Fitness Consulting creating an educational approach to incorporating fitness into the lives of young people. Thank you to Impact Fitness Consulting!



**The Cal Ripken, Sr. Foundation helps to  
build character and teach critical life  
lessons to at-risk young people living in  
America's most distressed communities.**



[www.RipkenFoundation.org](http://www.RipkenFoundation.org)