

Learn to Train Stage (Males 9-12 and Females 8-11)

Guidelines for stabilization exercises and body-weight training:

- 1-3 sets, 12-15 reps, 0-30 second recovery between sets.
- Emphasize correct body position, form, and technique.
- Perform two times per week on nonconsecutive days for 8-12 weeks.
- Perform a 5-10 minute warm-up with jump rope or light jogging before performing.

Weeks 1-2 and 5-6

Exercise	Day 1		Day 2	
	Sets	Reps	Sets	Reps
Squat				
Bridge				
Plank 30-60 sec				
Lunges				
Pull-ups (if can't do perform slow lowering on 4 count)				
Push-ups (modify to knee level as needed)				

If no pull-up bar substitute standing rows with resistance tubing. Vary hand position for pull-ups.

Weeks 3-4 and 7-8

Exercise	Day 1		Day 2	
	Sets	Reps	Sets	Reps
Step up to single leg balance to dumbbell curl to overhead press				
1-leg windmill touches				
Side plank 20-30 seconds				
Lunge to single leg balance				
Pull-ups (if can't do perform slow lowering on 4 count)				
Push-ups (modify to knee level as needed)				

