

Body Weight and General Fitness Exercises for Young Athletes

These are a great way to raise a child's physical preparedness.

These exercises should be introduced and performed at an sufficient level before adding external resistance such as weights.

* all of the following exercises should be taught by a qualified fitness professional for safety*

Body Weight Strength Exercises (no external resistance)

Lower Body

Squats
Box Squats
Split Squats
One Legged Squats
Lunges
Walking Lunges
Side Lunges
Glute Ham Bridges

Upper Body

Push Ups
Close Grip Push Ups
Inverted Rows
Over Hand Pull Ups
Under Hand Pull Ups
Dips
Hang from a pull up bar

Core

Sit Ups
Crunches
Supermans
Side Planks
Hovers
Leg Raises
Frog Kicks

General Fitness Exercises

Jumping Jacks
Split Jacks
Burpees
Skips
Backward Run
Lateral Runs
Hand Stands
Cartwheels
Somersaults
Rope Climbing
Sled Pulling
Hill Running

Forward Hopping
Lateral Hopping
Vertical Jumping
Bounds
Mt. Climbers
Sprinting
Biking
Hiking
Roller Blading
Tire Flipping
Sled Pushing
Stair Climbing

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