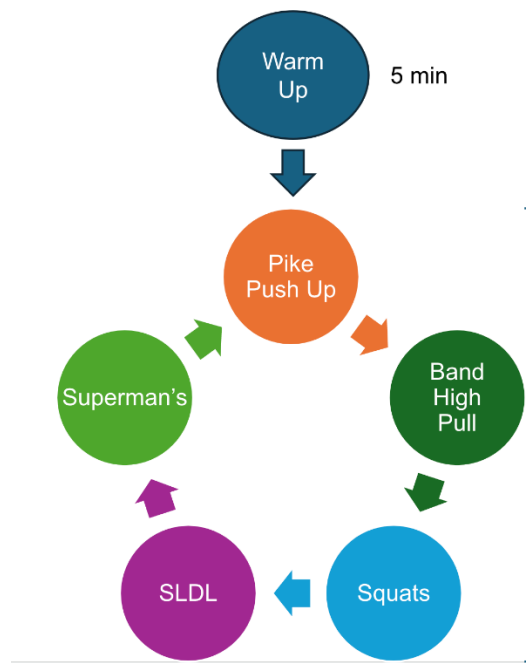
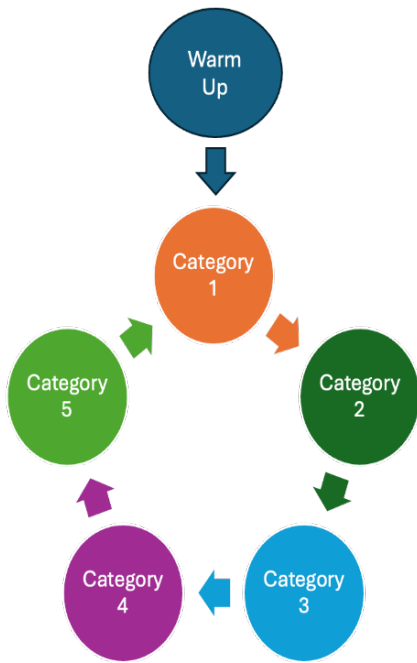


# Strength and Conditioning a Plug and Play Method



**System Basics:** 20 minute engagement period. 3 sets at each station, 5 minute warm-up period

**Equipment needed:** resistance bands (yellow to black), hand weights (5lb-20lbs)

**Example of exercise to rest period over four weeks (in seconds)**

Week	Week 0	Week 1	Week 2	Week 3	Week 4
Exercise (Work) period	Teach Technique, Check for Understanding & Sample Run Through	20	25	30	35
Rest Period		40	35	30	25

Category 1- Upper body pushes		
Exercise	Description	Increase/Decrease Difficulty
Push-Up <a href="https://www.stack.com/a/pre-teen-strength-training-program/">https://www.stack.com/a/pre-teen-strength-training-program/</a>	Start in a high plank position with your hands shoulder-width apart and feet together. Keep your body in a straight line from head to heels. Lower your body until your chest is just above the floor by bending your elbows. Push back up to the starting position.	
Dumbbell Floor Press <a href="https://www.stack.com/a/pre-teen-strength-training-program/">https://www.stack.com/a/pre-teen-strength-training-program/</a>	Lie on your back with dumbbells in hand, press them upward, focusing on chest and triceps.	
Standing Band Overhead Press	Use resistance bands to mimic an overhead press motion while standing on the band, press band and palms to the sky.	
Overhead Press	Stand with feet shoulder-width apart, holding a barbell or dumbbells at shoulder height. Press the weight overhead until arms are fully extended, then slowly lower it back to the starting position. Keep your core engaged and avoid excessive back arching.	
Dips	Place hands on bench, chair, or bleacher with fingers facing forward, then lower yourself by bending your elbows until your upper arms are parallel to the ground. Push back up to the starting position while keeping your body upright.	
Pike-Push Up	Start in a downward dog position with hips high and hands shoulder-width apart. Lower your head toward the ground by bending your elbows, then push back up. This mimics an overhead press using	

	body weight.	
Yoga Push-Up*	Start in a high plank position with hands under your shoulders and elbows tucked close to your body. Lower yourself slowly by bending your elbows, keeping them tight to your ribs, until your upper arms are parallel to the ground. Maintain a straight line from head to heels. Pause briefly, then push back up to plank or transition into an upward dog by pressing through your hands and arching your back.	

Category 2- Upper body pulls		
Exercise	Description	Increase/Decrease Difficulty
Band-Face Pull <a href="https://www.stack.com/a/pre-teen-strength-training-program/">https://www.stack.com/a/pre-teen-strength-training-program/</a>	Pull a resistance band toward your face, targeting the upper back and rear shoulders.	
Band-Bent Over Row	Stand with the band around your feet, pull your shoulder blades down and back as if you were placing them in your back pockets, then hinge at the hips to assume a bent over position. Grip the band and pull your elbow toward the sky, squeezing your shoulder blades together at the top and lowering with control.	
Band-High Pull	Stand with the band around your feet, while “staying tall” grasp the band with a close grip, pull the band to your chin and finish with your elbows higher than your hands.	
Band -Bent Over Lat Pull*	Fix a band to an immovable object and step back so that you are 3-4 feet away from the bands’ attachment point. Stand tall, pull your shoulder blades down and back as if you were placing them in your back pockets, then hinge at the hips to assume a bent over position. While bent over and grasping the band (hands outstretched toward the fixed band) pull your elbows toward your hips, allow the band to pull your arms back with control.	
Bent Over Weighted (DB) Row	Start with a staggered stance, pull the shoulder blades down and back, hinge at the hips until the bent over position is achieved. Place elbow on thigh while the other hand grasps weight. Pull elbow to the sky	

	and lower with control	
<p>Bicep Curls</p> <p><a href="https://www.verywellfit.com/beginner-upper-body-workout-get-started-on-your-upper-body-1231520">https://www.verywellfit.com/beginner-upper-body-workout-get-started-on-your-upper-body-1231520</a></p>	<p>Stand with a dumbbell in each hand, arms at your sides, palms facing forward. Slowly curl the weights up by bending your elbows, keeping your upper arms stationary. Lower back down with control.</p>	

### Category 3- Lower Body Pushes

Exercise	Description	Increase/Decrease Difficulty
Forward Lunges <a href="https://www.healthline.com/health/fitness/exercise-for-teenagers#at-home-exercises">https://www.healthline.com/health/fitness/exercise-for-teenagers#at-home-exercises</a>	Step forward with one leg, lowering your hips until both knees are bent at a 90-degree angle. Push back up to the starting position and repeat with the other leg.	
Squats <a href="https://www.healthline.com/health/fitness/exercise-for-teenagers#at-home-exercises">https://www.healthline.com/health/fitness/exercise-for-teenagers#at-home-exercises</a>	Stand with feet shoulder-width apart, lower your hips as if sitting back in a chair until thighs are parallel to the ground, then stand back up.	
Goblet Squat*	Stand with feet shoulder-width apart, hold a weight (DB or KB) as if you were going to drink from a 'goblet', unhinge your hips and knees simultaneously lowering your belly button to the floor while keeping the chest tall and back tight, upon reaching the bottom position, drive the chest tall through the heels, repeat.	
Sit-to-Stand <a href="https://www.onepeloton.com/blog/beginner-leg-exercises/">https://www.onepeloton.com/blog/beginner-leg-exercises/</a>	Start seated on a chair. Drive your chest tall by pushing through the heels until you stand tall. To sit down, hinge at the hips and knees simultaneously and control your descent until the buttocks touches the chair.	
Step-Ups <a href="https://www.onepeloton.com/blog/beginner-leg-exercises/">https://www.onepeloton.com/blog/beginner-leg-exercises/</a>	Stand in front of a step or bench. Step up with one foot, then the other, and step back down.	

<a href="#">ner-leg-exercises/</a>		
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Category 4- Lower Body Pulls		
Exercise	Description	Increase/Decrease Difficulty
Deadlift (Band or Dumbbell)	With feet shoulder width apart, bend at the hips while keeping the back tight and shoulder blades pulled down and back (as if you were putting your shoulder blades into your back pockets), when bending at the hip ends, start to bend at the knee, you should now be in a position where your nose is over your toes and shoulders, hips and knees make a triangle with your shoulders higher than hips and hips higher than knees. From this position firmly grip the band/DB's and push the floor away from you. At the top squeeze the glutes. Repeat.	
Goodmorning (Band or Dumbbell)*	With feet shoulder width apart, bend at the hips while keeping the back tight and shoulder blades pulled down and back (as if you were putting your shoulder blades into your back pockets), with the goal being to end in the 'nose over toes' position. From this position, keep the back tight and pull the chest tall through your posterior chain (glutes, hamstrings). The back should be flat throughout the movement.	
Bridge (Single Leg or Double leg) <a href="https://www.mayoclinic.org/healthy-lifestyle/fitness/in-depth/core-strength/art-20546851">https://www.mayoclinic.org/healthy-lifestyle/fitness/in-depth/core-strength/art-20546851</a>	Lie on your back, pull your heels toward your buttocks so the knees are bent. Drive your belly button to the ceiling by pressing your heels into the floor. Lift your hips until your body forms a straight line from your knees to your shoulders.	

Stiff-legged Deadlift (SLDL)*	With weight in hands and feet shoulder width apart, bend at the hips while keeping the back tight and shoulder blades pulled down and back (as if you were putting your shoulder blades in your back pockets). Keeping the weight close to the body, bend until the weight reaches the knee. While keeping the back tight pull the weight up the thigh to the starting position while keeping the back tight.	
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Category 5- Core/Mid-section		
Exercise	Description	Increase/Decrease Difficulty
Abdominal Crunch <a href="https://www.mayoclinic.org/healthy-lifestyle/fitness/in-depth/core-strength/art-20546851">https://www.mayoclinic.org/healthy-lifestyle/fitness/in-depth/core-strength/art-20546851</a>	Lie on your back with knees bent and feet flat on the floor. Place your hands behind your head. Lift your shoulders off the floor, keeping your lower back on the ground, and return to the start.	
Single-leg Abdominal Press <a href="https://www.mayoclinic.org/healthy-lifestyle/fitness/in-depth/core-strength/art-20546851">https://www.mayoclinic.org/healthy-lifestyle/fitness/in-depth/core-strength/art-20546851</a>	Lie on your back with knees bent. Lift one leg to a 90-degree angle and press your hand against the lifted knee, while pushing your knee back into your hand. Alternate legs.	
Single-leg Abdominal Press Variations <a href="https://www.mayoclinic.org/healthy-lifestyle/fitness/in-depth/core-strength/art-20546851">https://www.mayoclinic.org/healthy-lifestyle/fitness/in-depth/core-strength/art-20546851</a>	Similar to the single-leg abdominal press but with added variations, such as holding different positions longer or alternating arm presses.	
Double-leg Abdominal Press <a href="https://www.mayoclinic.org/healthy-lifestyle/fitness/in-depth/core-strength/art-20546851">https://www.mayoclinic.org/healthy-lifestyle/fitness/in-depth/core-strength/art-20546851</a>	Lie on your back with both knees lifted to a 90-degree angle. Press your hands into both knees as your knees press back. Maintain the tension in your core.	
Modified Plank	Start in a plank position with forearms on the ground. Keep your	



<a href="https://www.mayoclinic.org/healthy-lifestyle/fitness/in-depth/core-strength/art-20546851">https://www.mayoclinic.org/healthy-lifestyle/fitness/in-depth/core-strength/art-20546851</a>	body in a straight line from your head to your knees. Hold the position.	
<b>Side Plank</b> <a href="https://www.mayoclinic.org/healthy-lifestyle/fitness/in-depth/core-strength/art-20546851">https://www.mayoclinic.org/healthy-lifestyle/fitness/in-depth/core-strength/art-20546851</a>	Lie on your side, prop yourself up on your forearm, and lift your hips until your body forms a straight line from head to feet. Hold the position. Alternate sides.	
<b>Superman</b> <a href="https://www.mayoclinic.org/healthy-lifestyle/fitness/in-depth/core-strength/art-20546851">https://www.mayoclinic.org/healthy-lifestyle/fitness/in-depth/core-strength/art-20546851</a>	Lie face down with arms extended overhead. Simultaneously lift your arms, chest, and legs off the ground. Hold briefly, then lower.	
<b>Plank</b> <a href="https://www.brioleisure.org/blog/5-core-exercises-for-beginners">https://www.brioleisure.org/blog/5-core-exercises-for-beginners</a>	Start in a push-up position, with arms straight and body in a straight line from head to heels. Hold the position, keeping the core tight.	
<b>Bird Dog Crunch</b> <a href="https://www.brioleisure.org/blog/5-core-exercises-for-beginners">https://www.brioleisure.org/blog/5-core-exercises-for-beginners</a>	Start on all fours, extend one arm forward and the opposite leg back, then bring your elbow and knee together beneath your body.	