

## Resistance Training for youth sample workouts

### Warm-up:

Jog/bike 5-10 minutes

### Dynamic Movements:

A run/A Skips/B Run / carioca / Side shuffle / Leg Swings / Frankenstein walks /Knees to Chest

### Circuit 1

- [Goblet Squats](#)
- [BB Bench press](#)
- [Hammer Curls](#)
- [Triceps Push downs](#)
- [Standing/Seated Cable Row](#)
- [Glute Bridge](#)

### Circuit 2

- [Step ups](#)
- [DB incline press](#)
- [DB Curls](#)
- [DB skull crushers](#)
- [Ball Hamstring Curls](#)
- [Low Plank](#) (great video for many plank variations)

### Circuit 3

- Bike – 80% 90 sec
- [Split squats](#)
- [Seated OHP](#)
- [Pallof Press](#)
- [Kick Backs](#)
- [Hamstring Curls](#)

#### **Circuit 4**

- Lap /Run
- [Bench Squats](#)
- [Pull-downs](#)
- [Incline supported row](#)
- [Box Jumps](#)
- High Plank

#### **Circuit 5**

- Stairs
- [Flat DB Press](#)
- [Overhead Triceps Extension](#)
- [Lateral Lunges](#)
- [Bent over row](#)
- [MB Slams](#)

#### **Circuit 6**

- [Incline Bench Press](#)
- [BOSU X over](#)
- [Split squats](#)
- [Lateral Raises](#)
- [Ladder Drills](#) (small example of all the ladder drills out there)
- Side Plank

## Circuit 7

- Skipping rope
- [Lunges](#)
- [Incline DB Press](#)
- [1 arm dumbbell row](#)
- [MB Chest Pass](#)
- [Micro Hurdle Drill](#) (small example of the micro hurdle drill out there)

## Circuit 8

- [Jump Squats \(unloaded\)](#)
- [Front Raises](#)
- [Calf Raises](#)
- [Wrist curls](#)
- [5-10-5 drill](#)
- [TRX Row](#)

## Legend

**BB – Barbell or Body Bar**

**DB - Dumbbell (s)**

**MB – Medicine Ball**

**SB – Stability Ball or Swiss Ball**

**OHP – Overhead Press**