



TRX Training for Youth – Kids just want to move!

5  
YEARS

Kids these days are expected to live 5 less years than that of their parents! How can we change this?



Obesity has more than doubled in children and tripled in adolescents in the past 30 years. Kids with one over-weight parent have a **50% chance** of being overweight. Kids with 2 over-weight parents have an **80% chance** of being over-weight.

The current cost on healthcare is \$147 Billion a year – that is twice the federal budget for education!

Active Kids	Inactive Kids
Play = 	Play = 
 = Play	 = 

Nike Survey / 2012



## What are the risks? What are the benefits of Strength Training for Youth?

### **Risk of Injury can occur when:**

- 1) **Acute injury:** Fall in soccer, football or skiing / Maximal lifts
- 2) **Chronic Injury:** repeated Micro trauma: Running, Throwing Kicking, Early specialization
- 3) **Statically held positions:** Wall sits & Planks

Injuries at a young age will negatively affect willingness to participate in sport and activity at a later age

### **Benefits of Strength Training:**

- 1) Proper prescription of Strength training can help reduce injuries by as much as 50% and increase in strength gains have proven to be incremental
- 2) Stronger bones and injury resistant - increase durability
- 3) Develop muscles, tendons, ligaments
- 4) Promotes balanced muscle growth

### **Lifetime benefits of participation can include:**

- 1) 1/10 less likely to be obese
- 2) 40% higher academic scores
- 3) Less likely to smoke, become pregnant
- 4) 15% more likely to go to college
- 5) Saves up to \$2741 per year healthcare costs
- 6) Reduced risk of heart disease, stroke, Cancer, Diabetes

### **Programming Considerations:**

Prepubescent (8-10)	Pubescent (10-14)
Frequency: 2 times / week	Forms of Training: General Strength & Relays/Games
Sets: 1 to 3 sets per exercise / Reps: 13 to 15+	Methods: Circuit Training *Intro Aerobic Capacity
Progressions: 5 % ( 1 to 3 pounds)	Volume: Low to Medium
Speed: 5 second reps (2 up, 3 down)	Intensity: Low
Range: All major muscle groups & full range of joint movement	TOM: In addition: *Core *Lunges, Pull ups, Overhead Press
TOM: Squats, Step Ups, Rows, Fly, Lateral Raises, Low Back	Means: Body Weight (ST), Resistance Bands (RT), Light free weights, Reaction Tools (Bosu, Reaction Balls), MB
Breathing: Teach basic breathing techniques	* Programs to reflect skill (Beginner, Int. & Adv.)
Volume: Low Intensity: Very Low	
Means: Body-weight (ST) Resistance Bands (RT) Games, Partners, Free Weights, Reaction Tools (Bosu, Reaction Balls)	



## Why TRX?

Our gear is designed to teach people of all ages and abilities to move better to increase durability. Specifically for children & youth, if they can move better the likely hood of injury will go down which will increase the likely hood of continued participation. Our gear is also fun and safe and allows the user to leverage one’s own body weight. It also allows the user to load & unload / regress & progress. Our gear is such that parents & kids can use gear together!

## Programming

TRX has incorporated recommended age related programming suggestions and integrated this with our programming standards of strong focused Foundational Movements (Plank, Push, Pull, Squat, Rotate, and Lunge) that help the end user move better. We have also integrated the concepts of fun, teamwork and cooperation that we know is important for Children & Youth.

**The warm up below emphasizes movements that are fun, cooperative and include all planes of motion.**

	Warm up	SETS	REPS / TIME / Description	REST
1	Skipping	1	30 sec	30 sec
2	Side Shuffle w/ armswings	1	30 sec each direction	30 sec
3	Bear Crawls	1	Crawl for 5, walk for 5 , repeat	30 sec
4	Arm Swings	1	30 sec	30 sec
5	Gait Swings (Double hop & drop)	1	10 reps	30 sec
6	Plank ( Set Standard for Plank in workout) Rolling Plank	4 4 to 6	10 sec on, 5 sec off	



The workout below has participants working in partners to complete a couplet of exercises before moving onto the next. This is driven by the instructors to establish control of the group.

#	EXERCISE	SETS	REPS / TIME	DRILL	TRANSITION REST	FM
A	ST – Plank (forearms)	4 sets	10 sec on, 5 off	Instructor lead		Plank
B	Rip Flag Pole	2 per side	10 sec on, 5 sec off		30 sec	Plank
	Skipping & Carioca		30 sec, 15 sec, 30 sec			
A	ST Chest Press ST Squat (Group A leads)	1	10 reps, 15 rest, 10 reps	Sound off		Press & Squat
B	Rip Squat Press	1	10 reps R & L		15 sec / 30 sec	Push & Squat
	Bear Crawl & Frog Hops		30 sec, 15 sec, 30 sec			
A	ST Low Row ST Y - Fly	1	10 reps, 15 sec, 10 reps	Sound off		Pull
B	Rip Squat Row (Group B lead)	1	10 reps R & L		15 sec / 30 sec	Pull & Squat
	Lateral shuffles & Gaitswings		30 sec, 15 sec, 30 sec			
A	ST Crossing Balance Lunge	1	10 reps R & L	Instructor lead		Lunge
B	Rip Rotation (arms extended straight)	1	10 reps R & L		30 sec	Rotation
	Down Dog Relay Drill					

The block below is a progression of exercises learned in the previous block and places the emphasis on being driven by the participants themselves while being monitored by instructor

#	EXERCISE	SETS	REPS / TIME	DRILL	TRANSITION REST	FM
A	ST – Side Plank	1	Sound off – 5 sec on, 5 sec off times 4			Plank
B	Rip Steer (moving vertical to horizontal)	1	5 reps on, 5 sec off – 4 sets per side		30 sec	Plank
A	ST Chest Press (Group A leads)	1	Descending Ladder starting @ 5			Pull
B	Rip Jack (bar in front of chest)	1			30 sec	Push & Squat
A	ST Low Row	1	Plus 1 up to 5			Push
B	Rip Squat Row w/ Heel Lift (Group B leads)	1			30 sec	Pull & Squat
A	ST Crossing Balance Lunge	1	Sound Off 10 reps R & L			Lunge / Rotation
B	Rip Rotation (arms extended straight)	1	10 reps R & L		30 sec	Rotation



The block below now has participants working in group of 3 and working together to complete the given group of exercises.

#	ST / RT EXERCISES	SETS	REPS / TIME	DRILL	REST	FM
A	Rip Squat Row	1	10 reps R & L	Tag in 3 on 3		Squat / Pull
B	ST Chest Press	1	B & C perform until A is done			Push
C	ST Crunch (Planks or Forearms)	1			1 min	Plank
A	Rip Squat Press	1	10 reps R & L	Tag in 3 on 3		Squat & Push
B	ST Squat Row Combo	1	B & C perform until A is done			Pull
C	ST Hamstring Curls	1			1 min	Plank
A	Rip Rotation (arms extended straight)	1	10 reps R & L	Tag in 3 on 3		Rotation / Plank
B	ST Crossing Balance Lunge	1	A & B Mirror Drill			Lunge
C	ST Squat Y – Fly Combo	1	C performs until A & B are done		1 min	Plank / Pull

At the end of the day, kids just want to move and have fun! It is important to incorporate gear and programming that will allow this to happen.