

# TRAINING: THE BASICS

**AGE****6-8****FREQUENCY****2x**  
weekly**SETS****TOTAL TIME****REPS**

## EXERCISES

### 01 WARM UP JUMPING JACKS

(10 reps) Jump up, land on your feet shoulder width apart, simultaneously raise your arms above your head into a diamond formation.

### 02 PUSH-UPS

(9 reps) Keep your core and glutes engaged, and touch your chest to the ground with each rep.

### 03 MOUNTAIN CLIMBERS

(8 reps) Get in plank position, pick one foot up, bring knee to chest, rapidly alternate.

### 04 BEAR CRAWLS

(7 reps) Use your feet and hands to crawl like a bear, and keep your butt down.

### 05 CHIN-UPS

(6 reps) Grab the bar with your palms facing you, shoulder width apart, and pull yourself up until your chin is above the bar.

### 06 SQUATS

(5 reps) Bend knees and sit back like you're sitting in a chair, knees facing outwards when bent, and squeeze glutes when returning to standing position.

### 07 BURPEES

(4 reps) Squat, put your hands on the ground, kick feet back into a plank position, jump feet back into squat position, and jump up.

### 08 APE WALKS

(3 reps) Squat with your glutes almost to the ground, place hands on floor in front of you, lean forward and bring your feet back under you. This exercise looks similar to a frog hopping.

### 09 MONKEY BARS

(2 reps) Go to a park and find monkey bars, and try to make it across without falling. Use momentum to swing your body weight forward.

1/4 MILE COOL-DOWN JOG

# TRAINING: INTERMEDIATE

AGE

**9-11**

FREQUENCY

**3x**  
weekly

SETS

**3**

TOTAL TIME

**45**  
min

REPS

<b>45</b> sec	Exercise
<b>15</b> sec	Rest

## EXERCISES

### 01 WARM UP BUCKET CARRY

(20 yards) Fill bucket or container with anything, just make sure it's suitable weight.

### 02 WALKING LUNGES

Lunge one foot out and bend knee at 90 degree angle like you're kneeling (make sure other knee doesn't touch the ground), and alternate legs until you're in a walking motion.

### 03 TRIANGLE PUSH-UPS

Make a triangle with your hands and perform push-ups.

### 04 CLOSE GRIP PULL-UPS

Grip the bar with your palms facing down, shoulder width apart, and pull up.

### 05 SINGLE-LEG SQUAT

Stand in front of a bench or chair, lift one leg out straight in front of you, and squat with standing leg. The squatting knee should be pointed slightly outward when in squat position.

### 06 REVERSE BEAR CRAWL

Place feet and hands on the ground, crawl backwards, and keep your butt down.

### 07 LEG RAISES

Lie on your back and raise your feet 12 inches off the ground. Make sure your lower back, head, and hands remain on the floor to target lower abdominals.

### 08 BURPEES

Squat, put your hands on the ground, kick feet back into a plank, jump feet back into squat position, and jump up.

### 09 JUMP ROPE

Grab the ends of a rope, let the middle of the rope drop to the floor behind your feet, swing it over your head down to the front of your feet, and jump over it. Repeat rapidly.

**1/4 MILE COOL-DOWN JOG**

# TRAINING: ADVANCED

**AGE****12-14****FREQUENCY****4x**  
weekly**SETS****3****TOTAL TIME****1**  
hour**REPS****45**  
(unless noted)

## EXERCISES

**01** **WARM UP  
RUN**

(5-10 min) Spartans love trail runs.

**02** **BEAR  
CRAWLS**

(20 yards) Place hands and feet on the ground, crawl forward, and keep your butt down.

**03** **BUCKET  
CARRIES**

(20 yards) Fill bucket or container with anything, just make sure it's a suitable weight.

**04** **JUMP  
SQUATS**

(30 seconds) Get in squat position, jump up, land in a squat position.

**05** **PULL-UPS**

Grip palms facedown on the bar, slightly wider than shoulder width apart, and pull up until your chin is above the bar.

**06** **TRICEP  
PUSH-UPS**

Get in push-up position, place hands directly by sides in the middle of your torso. When you push up, your forearms and elbows should graze your sides.

**07** **LUNGE  
HOLD**

(30/30) Lunge foot out, keep back knee an inch off the floor and hold the position for 30 seconds. Switch legs and rest for 30 seconds.

**08** **SANDBAG  
CARRY**

(20 yards) Throw a sandbag over shoulder and carry it. If you can't find a sandbag, try a laundry bag.

**1/4 MILE COOL-DOWN JOG**

# TRAINING: MORE INFO

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## TIPS:

1. Warm up before exercising to prevent muscle tears or other injuries.
  2. Fuel up with a snack an hour or two before exercising for an energy boost.
  3. Stay hydrated and drink plenty of water before, during and after your workout.
  4. Stretch after each exercise to help muscle recovery and soreness.
  5. Ask for help if you're not sure how to do something. Proper form and execution is necessary.
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## MOTIVATION IS KEY:

1. Take away privileges like television, video games and cell phones.
  2. Reward them for their efforts.
  3. Join them, or have a sibling or a friend exercise with them.
  4. Practice what you preach.
  5. Be encouraging.
  6. Set goals.
  7. Sign them up for a Spartan Kids Race!
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## ALTERNATIVE EXERCISES:

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|-------------------------|-----------------------|----------------------|---------------------|
| 1. Plank                | 8. Rope Climb         | 15. 2-Mile Trail Run | 22. Box/Bench Jumps |
| 2. Walking Plank        | 9. Squats             | 16. Burpees          | 23. Inchworm        |
| 3. Side Plank           | 10. Single-Leg Squat  | 17. Push-Ups         | 24. Bear Crawl      |
| 4. Toe Touches          | 11. Rock Goblet Squat | 18. Pull-Ups         | 25. Army Crawl      |
| 5. Mountain Climbers    | 12. Jump Squats       | 19. Chin-Ups         | 26. Arm Circles     |
| 6. Uphill Sandbag Carry | 13. Walking Lunges    | 20. Jumping Jax      | 27. Stairs          |
| 7. Uphill Bucket Carry  | 14. 50-Yard Sprints   | 21. Jump Rope        | 28. Swim Laps       |
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