



Six-Week Lesson Plans: Set 1

Fitness Programming for Youth 6-12 Years Old

PowerUp Fitness, LLC

Six weeks of PowerUp Fitness Classes. Each week features two classes that include a warm-up, muscle endurance and strength exercises, and PowerUp play activities to make kids' fitness fun! It's a group exercise class for youth fitness members!

PowerUp Fitness		Instructions: Workout can be completed as a circuit or as traditional group fitness class				
Week: 1 Class: 1	Power ^{UP} Equipment	Warm ^{UP}	Power ^{UP} Endurance	Power ^{UP} Strength	Power ^{UP} Play	
	<ul style="list-style-type: none"> 1-3lb dumbbells (lateral raise/ bicep curls/ lunges/ squats) Thick resistance band Step bench & risers or plyobox (step ups) Mat (crunches) 	<ul style="list-style-type: none"> Obstacle course (Hip-Hops, Burpees, Jumping jacks) 	<ul style="list-style-type: none"> Crab walk/ bear crawls Jumping jacks Step Ups 	<p>Upper Body</p> <ul style="list-style-type: none"> Pushups Lateral raise Bicep curls <hr/> <p>Lower Body</p> <ul style="list-style-type: none"> Wall sits Lunges Squats Band walks <hr/> <p>Core</p> <ul style="list-style-type: none"> Crunches 	Exercise shipwreck	
<p>Notes: If teaching class circuit style, set up equipment as separate stations. If teaching class traditionally, every participant will need one (set or piece) of equipment.</p>						

PowerUp Fitness		Instructions: Workout can be completed as a circuit or as traditional group fitness class				
Week: 1 Class: 2	Power ^{UP} Equipment	Warm ^{UP}	Power ^{UP} Endurance	Power ^{UP} Strength	Power ^{UP} Play	
	<ul style="list-style-type: none"> 1-3lb dumbbells (lateral raise/ bicep curls/ lunges/ squats) Step bench & risers or plyobox (step ups) Bosu (pushups) Mat (pushups, crunches) 	<p>Rolling Dice WarmUp</p> <ol style="list-style-type: none"> Jumping jacks Burpees Race in place Squat jumps Scissor kicks Frog jumps 	<ul style="list-style-type: none"> Crab walk/ bear crawls Jumping jacks Step Ups 	<p>Upper Body</p> <ul style="list-style-type: none"> Bosu pushups Lateral raise Bicep curls <hr/> <p>Lower Body</p> <ul style="list-style-type: none"> Wall sits Lunges Squats <hr/> <p>Core</p> <ul style="list-style-type: none"> Crunches 	Cardio freeze tag	
<p>Notes: If teaching class circuit style, set up equipment as separate stations. If teaching class traditionally, every participant will need one or one set of each piece of equipment. Use dice, or make your own. Have participants take turns 'rolling dice' to determine warm-up activity. Perform for 45 seconds. Roll again.</p>						

PowerUp Fitness **Instructions: Workout can be completed as a circuit or as traditional group fitness class**

Week: 2	Class: 1	Power^{UP} Equipment <ul style="list-style-type: none"> • 1-3lb dumbbells (arnold press/front raise/lunges) • Step bench & risers or plyobox (step ups) • Mat (flying eagles, tuck-ups) 	Warm^{UP} <ul style="list-style-type: none"> • Hip-Hops • Burpees • Jumping jacks • Body cross (elbows/knees) • Behind body cross (finger/toes) 	Power^{UP} Endurance <ul style="list-style-type: none"> • Crab walk/ bear crawls • Jumping jacks • Step Ups • Speed bags 	Power^{UP} Strength <table border="0"> <tr> <td style="vertical-align: top;">Upper Body</td> <td> <ul style="list-style-type: none"> • Arnold press • Front raise • Flying eagles </td> </tr> <tr> <td style="vertical-align: top;">Lower Body</td> <td> <ul style="list-style-type: none"> • Lunges • Squats • Stork bow </td> </tr> <tr> <td style="vertical-align: top;">Core</td> <td> <ul style="list-style-type: none"> • Tuck-ups </td> </tr> </table>	Upper Body	<ul style="list-style-type: none"> • Arnold press • Front raise • Flying eagles 	Lower Body	<ul style="list-style-type: none"> • Lunges • Squats • Stork bow 	Core	<ul style="list-style-type: none"> • Tuck-ups 	Power^{UP} Play Human Bop-It
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Notes: If teaching class circuit style, set up equipment as separate stations. If teaching class traditionally, every participant will need one (set or piece) of equipment.												

PowerUp Fitness **Instructions: Workout can be completed as a circuit or as traditional group fitness class**

Week: 2	Class: 2	Power^{UP} Equipment <ul style="list-style-type: none"> • 1-3lb dumbbells (overhead press/bicep curls/sumo squats) • Mat (pushups, tuck-ups) • Thick resistance band (band walks) • Medball (Over/ Under relay) 	Warm^{UP} Rolling Dice WarmUp <ol style="list-style-type: none"> 1. Jumping jacks 2. Burpees 3. Race in place 4. Squat jumps 5. Scissor kicks 6. Frog jumps 	Power^{UP} Endurance <ul style="list-style-type: none"> • PowerUp jumping jacks • Skip (in place) • Race in place • One leg hops 	Power^{UP} Strength <table border="0"> <tr> <td style="vertical-align: top;">Upper Body</td> <td> <ul style="list-style-type: none"> • Pushups • Overhead press • Bicep curls </td> </tr> <tr> <td style="vertical-align: top;">Lower Body</td> <td> <ul style="list-style-type: none"> • Wall sits • Band walks • Sumo squats </td> </tr> <tr> <td style="vertical-align: top;">Core</td> <td> <ul style="list-style-type: none"> • Tuck-ups </td> </tr> </table>	Upper Body	<ul style="list-style-type: none"> • Pushups • Overhead press • Bicep curls 	Lower Body	<ul style="list-style-type: none"> • Wall sits • Band walks • Sumo squats 	Core	<ul style="list-style-type: none"> • Tuck-ups 	Power^{UP} Play Over/Under Relay
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