

# TWIN RIVERS YMCA



## Teen Certification Manual

## **Our Mission:**

To put Christian principles into practice through programs that build healthy spirit, mind, and body for all.

## **Core Values:**

### **Caring**

- Show sincere concern for others
- Help people who may be having difficulty
- Don't engage in arguments, instead seek help

### **Honesty**

- Be truthful in all that you say and do
- If you find something that is not yours, bring it to the Service Desk to be placed in Lost & Found
- Help keep the YMCA safe by not sneaking in non-members

### **Respect**

- Follow the Golden Rule – Treat EVERYONE as you would like to be treated
- Please do not use profanity or inappropriate language
- Treat YMCA property as you would treat your own

### **Responsibility**

- Be accountable for your promises and actions
- Please follow all rules and policies of the YMCA
- Help keep our YMCA clean by always cleaning up after yourself and not littering

### **Faith**

- Trust in God
- Be a seeker of the truth

# Free Weight Room Rules

1. Members 14 - 15 years old must complete the Free Weight Room Certification class to use these areas. You must have your Y wristband visible.
2. Appropriate fitness attire, including closed toed athletic shoes must be worn at all times. No sandals, flip flops, dresses, or skirts.
3. Return all equipment, towels, and magazines to its proper place when finished.
4. Please clean off your machine and equipment when you are finished by spraying a washcloth with disinfectant spray and wiping the machine down.
5. Show courtesy to fellow exercisers by allowing others to work-in (or take turns) with you between sets.
6. Do not sit on fitness equipment if you are not using it for its intended purpose.
7. Keep the floor clear of all bags, coats, towels, etc. Please use designated coat hooks or lockers.
8. Please do not use your cell phone while operating equipment or use your phone speaker to play music in the weight room.

\* If you don't know something or need help, please ask!

\* Anyone under the age of 18 must use the Youth Locker Rooms.  
No one under the age of 18 shall enter the Adult Locker Rooms for any reason.

\*\*Violation of these rules will result in the review of your certification and possible suspension of Free Weight Room privileges. \*\*

# Exercise Terminology

**Exercise** - Planned physical activity done to enhance an aspect of physical fitness. In this case, often a specific movement that will be performed to enhance muscular strength, muscular size, or muscular endurance.

**Repetitions** - The number of times a movement (exercise) is performed in a row typically during a set or a given time period.

**Set** - A collection of repetitions.

An Example of How to Use Sets and Reps would be as follows.

I performed 12 push ups in a row. I rested 30 to 60 seconds and then performed 12 more push ups. Therefore; I performed 2 sets of 12 repetitions of push ups.

**Rest Periods** - The amount of time spent between sets before performing the next set, or moving on to a new exercise.

**Push** - any exercise that involves the more difficult portion to be pushing the weight away from your body.

**Pull** - any exercise that involves the more difficult portion to be pulling the weight towards your body.

**Upper Body Exercises** - Refer to any pushing or pulling exercises that involve the arms.

**Lower Body Exercises** - Refer to any pushing or pulling exercises that involve the legs.

**Range of Motion (ROM)** - the prescribed distance that a weight, your limb, or your body may travel during an exercise.

**Spotter** - someone who ensures that your exercise is performed safely in the case of inability to complete a rep.

**Workout Split** - How an individual decides to split the amount of time that they will exercise weekly.

# Types of Exercise

## Warm Up

All workouts should begin with a 5-10 minute warm up. This helps to increase blood flow to the muscles and joints and helps prepare the body for exercise. Your warm up should be an easier version of the workout you may be preparing to complete. Examples would be a brisk walk, air squats, or body weight push-ups. Banded or dynamic stretching is generally considered an appropriate warm up for most types of exercise.

## Muscular Strength Training

Exercises that work your muscles by applying a resistance (weights, resistance band, etc.) against which the muscles need to exert a force. The aim is to use an appropriate weight or resistance force that will work the target muscles to fatigue.

Benefits: Lifting weights or applying a resistance allows the body to build strong muscles and healthy bones.

General Guidelines:

- Muscular strength exercises can be performed multiple times per week as long as you give your working muscles 24 - 48 hours between workouts.
- General guidelines for beginners suggest 12+ reps be performed for 1 - 3 sets before moving on to working sets with heavier weights and less repetitions.

- Each exercise should be performed under control. If the weight is too heavy it can be detrimental to the workout or cause musculoskeletal injury.
- It is important to work all parts of the body, to prevent muscular imbalances. Muscular imbalance is typically seen in individuals who focus too much on pushing exercises, and not enough on pulling exercises.
- Guidelines for programming and designing a workout split are continued later in this manual.

### **Interval Training**

A type of workout that involves a series of low to high intensity exercises that increase your heart rate alternated with rest or recovery periods that allow your heart rate to come back down. A common training technique would be Tabata style training in which training intervals are 20 seconds of hard work followed by 10 seconds of rest for a total of 4 minutes straight. Either interval could be modified to be longer or shorter.

Benefits: This type of workout can be completed in 10-30 minutes, making it an efficient workout. Studies show that it can be effective for burning fat and burning more calories (even at rest.)

### **Stretching**

Stretching can be performed during your warm-up, cool-down or both! The goal is to increase joint range of motion, allowing your body to move with more ease. However, different types of stretching should be used as part of a warm-up when compared to the type of stretching done during a cool down. Warm-up stretches should be dynamic in nature, moving through a range of motion and never holding muscles in extended positions for long periods of time. This type of stretching, referred to as static stretching, should be saved for a cool down or done upon waking or before going to sleep.

Benefits: Regular stretching may result in reduced muscle tension, increased flexibility, enhanced muscle coordination, and increased energy levels.

General Guidelines: It is best to stretch when your muscles are already warmed up.

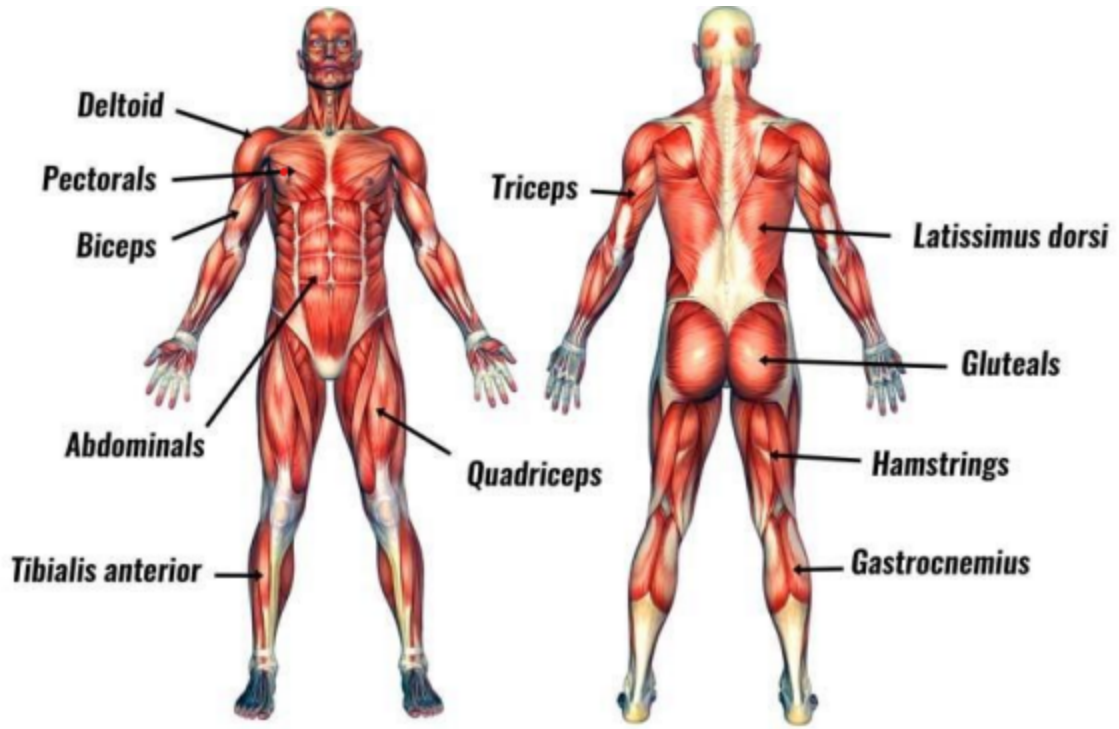
### **Cool Down**

All workouts should end with a 5-10 minute cool down. This helps your heart rate and breathing return towards resting levels gradually, helps avoid fainting or dizziness and allows your body temperature to lower. Examples of a cool down would be walking, slow pedaling on a stationary bike, and/or light stretching.

**\*\* No exercise, including stretching, should be painful. There is a distinct difference between something that is hard, and something that is hurting. If something is hurting, aching, tearing, bruised or otherwise causing discomfort stop the exercise immediately. \*\***

## **MUSCLE IDENTIFICATION**

Below are some of the major muscles you will want to exercise. You can find exercises for these muscles on the following pages.





## **MUSCLES AND EXERCISES: UPPER BODY**

When performing upper body exercises, focus on the position of the head, neck and shoulders. Your shoulders should stay down and back in a comfortable position, and you shouldn't have wandering eyes throughout the weightroom. Keep your neck in a stable position to protect it throughout the movement.

### **Pectorals - Chest Muscles**

Pushups (bodyweight)

Bench Press (free weight)

Chest Press (machine)

### **Latissimus Dorsi - Back Muscles**

Pull Up (bodyweight)

Lat Pull Down (machine)

Barbell Row (free weight)

### **Deltoids - Shoulders**

Pike Push Up (bodyweight)

Overhead Dumbbell Press (free weight)

Shoulder Press (machine)

### **Biceps - Front of Arm**

Chin Ups (bodyweight)

Dumbbell Bicep Curls (free weight)

Bicep Curl (machine)

### **Triceps - Back of Arm**

Triceps Pushups (body weight)

Triceps Overhead Press (free weight)

Triceps Push Down (machine or cable)

## **MUSCLES AND EXERCISES: LOWER BODY**

Think of the lower body as a powerful chain. You are only as stable and as strong as the weakest link. By identifying where stability and weakness is originating, can help performance in all areas of the lower body.

Quadriceps – Front of the Thigh

Air Squat (bodyweight)

Barbell Squat (free weight)

Leg Extension (machine)

Hamstrings – Back of the Thigh

Hip Bridge (bodyweight)

RDL (free weight)

Hamstring Curl (machine)

Glutes – Bottom

Sumo Squat (bodyweight)

Barbell Deadlift (free weight)

Stairmaster (machine)

Adductors - Inner Thighs

Lateral Box Step-Ups (bodyweight)

Resistance Band Monster Walk (free weight)

Hip Adductor (machine)

Abductors - Outer Thighs

Sideways Leg Lifts (bodyweight)

Dumbbell Lateral Lunge (free weight)

Hip Abductor (machine)

Gastrocnemius –

Calf Standing Calf Raise (free weight)

Seated Calf Raise (machine)

## General Exercise Tips and Tricks

Exercise is considered safe for most people. If you have underlying health conditions, especially those that relate to the heart or cardiovascular disorder, always check with a doctor before beginning any exercise program.

Remember, you don't have to be sore to make a difference. Muscle growth can occur even if you aren't sore.

Healthy habits begin with our daily activities. Mental health is just as important, if not more important, than our physical health. Making sure you get some activity, particularly using a form of exercise that you like, will help contribute to feeling better both physically and mentally.

A healthy habit that many young individuals often overlook is quality sleep. A full 8 to 9 hours of sleep is proven to yield better results in physical and mental well being. Sleeping less than 6 hours a night has a high correlation with injuries as it relates to the weightroom.

Eating and nutrition are difficult subjects to approach for an adolescent population. Individuals in this category should stay away from restrictive dieting as they are still growing and need nutrients and therefore calories to build strong, healthy bones and muscles. However, making healthier decisions when it comes to food choices is always encouraged. Highly processed foods and foods high in added sugars should be avoided. Opt for foods higher in protein like chicken, and choose natural sources of carbohydrates such as fruits and vegetables.

Crash dieting is never safe and never sustainable. Having a healthy relationship with food will take you a long way on your fitness journey.

Always remember, someone who is overweight but active is in a much better place than someone who is of average weight but sedentary. The key to health is more movement and less sitting.