

# Kid's Workout



This program is ideal for kids beginning at the age of 8. The program is designed to be fun while increasing body awareness, stamina and confidence. We recommend that children work with an adult to learn proper form and to ensure safety. Begin with 12-15 repetitions that can be executed with good form. If you feel unable to maintain your form in your set, lower the level of incline. Perform 1-3 sets at a slow, controlled speed. Take rests as needed. Once you successfully perform more than 15 repetitions, raise the level of incline. Perform this routine 2-3 times per week alternating between workout options #1 and #2.

## Workout Option #1

Date	Card #	Exercise Name	Resistance Level	Reps	Sets
	27	Squat			
	35	Jumping Squat			
	31	Calf Raise			
	10	Front Pullover			
	56	Pullover with Crunch			
	45	Lying Triceps Extension			
	1	Seated Chest Press Shoulder Width Grip			
	22	Shoulder Extension			
	43	Seated Biceps Curl			

## Workout Option #2

Date	Card #	Exercise Name	Resistance Level	Reps	Sets
	27	Squat			
	29	Single Leg Squat			
	35	Single Leg Jumping Squat			
	71	Lying Leg Curl with Crunch			
	7	Pull-Up			
	5	Incline Push-Up			
	44	Lying Triceps			
	43	Seated Biceps Curl			

**! Parental Warning:** It is recommended that an adult supervise all activity on the Total Gym.

\*Remember to consult a physician prior to beginning this or any exercise program. As you begin your program, take breaks and drink water as needed.

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