

CHILDREN & ADOLESCENTS UPPER BODY CIRCUIT

WITH

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Thank you in advance for your attention, open-mind and
enthusiasm!

HEALTH AND FITNESS FOR LIFELONG WELLNESS!

ADOLESCENCE IS THE BEST TIME FOR STRENGTH TRAINING BECAUSE IT'S A KEY PERIOD FOR MUSCULOSKELETAL GROWTH AND DEVELOPMENT.

WHY?

Y BECAUSE THERE IS AN INCREASE IN PROTEIN BUILDING BLOCKS IN THE MUSCLES, BONES, TENDONS AND LIGAMENTS WHICH MAKES FOR A STRONG, FUNCTIONAL AND INJURY RESISTANT MUSCULOSKELETAL SYSTEM.

FOCUS ON VOLUME RATHER THAN INTENSITY

- ☺ FUNDamentals first (skill drills) up to 10 years
 - ↪ basic physical skills for a lifetime of activity eg. The ability to learn how to throw “well” with non-dominant hand closes when the CNS is mature (age?)
 - ↪ emphasizing strength too young could compromise their motor coordination and speed.
- ☺ TRAIN FOR STRENGTH FROM 11-16

WHY? Prior to 14 elevated lactic acid levels are difficult to tolerate in children. (45-90 second intervals are not recommended). Longer activity periods with little rest coupled with natural higher intensity bursts and longer recovery time.

Eg. Soccer, tennis, Frisbee, swimming, running, skating, obstacle courses

(See www.alpineontario.ca/dryland)

DON'T FORGET!

TO TRAIN THE CARDIOVASCULAR AND SPEED SYSTEMS

HOW?

↳ Coordination drills, hurdles, dot drills, agility ladders, rings for hand eye coordination, etc..

TO REVIEW AND UNDERSTAND THE FUNDAMENTAL PRINCIPLES OF NORMAL GROWTH AND DEVELOPMENT AND HOW THEY INFLUENCE TRAINING ADAPTATIONS. (for this you will have to dig out your old growth and motor text book and also continue to seek out new research and medical journals).

PHV (12F, 14M) – be careful during this time because of growth changes in the body such as bone weakening due to muscle imbalances and inflexibility around joints. There is a greater risk for overuse injuries during this time. Decrease the volume and the intensity and focus on flexibility, connective tissue and muscle imbalances.

HOW DO YOU GET THEM INTERESTED AND HOW DO YOU KEEP THEM MOTIVATED?

- ☺ Welcome your participants to the workout
- ☺ Provide clear exercise objectives for each workout
- ☺ Provide precise instructions and demonstrations
- ☺ Supervise participants at ALL times during workouts
- ☺ Assist when necessary especially during new exercises
- ☺ Focus on one new thing at a time
- ☺ Progress from simple to more difficult activities over time
- ☺ Positively reinforce and encourage participants often (for both behaviour and technique)
- ☺ Give specific feedback on performance to help increase learning and to correct errors and minimize creating bad habits (and ultimately injury risk)
- ☺ Carefully and frequently ask questions so you are understood and so communication lines are open
- ☺ Have pre and post exercise discussions
- ☺ Always thank them for their efforts following the workout

EXERCISES!

1. BARBELL OR DB BENCH PRESS
 - i. PUSHUPS
 - ii. Tubing/bands

2. LAT PULLDOWNS AND DB/BAR ROWING
 - i. Pull-ups
 - ii. TUBING AND DYNABANDS

3. OVERHEAD DB PRESS
 - i. Tubing
 - ii. Adding instability (balance on one foot)

4. SEATED MACHINE ROW
 - i. DB Row
 - ii. Tubing Row
 - iii. Partner Row

5. BICEP DB CURL
 - i. Tubing curl

6. TRICEP PRESSDOWNS
 - i. Tricep pushup
 - ii. Tricep extension, standing, prone and supine