

## **Stew Smith's Downloadable Workout Series**

### **The Workout for Parents and Children from Ages 6-14 Health and Fitness Guide**

### **Fun Workouts with Pushups, Sprints, Dumbbells, and Playgrounds**

**FREE EBOOK**

#### Waiver of Liability

What you are about to undertake is an advanced fitness program. Injuries may occur in any workout program as with this specific program written by Stew Smith. By downloading the program, you are waiving any liability to Stew Smith or StewSmith.com. This is a recommended program that has worked for many others. It may not be right for you. It is recommended that you consult a physician before undertaking any new fitness regimen.

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**Links for you and your Kids:**

[www.kidshealth.org](http://www.kidshealth.org)

[www.childrensobesityaction.org](http://www.childrensobesityaction.org)

[www.fitnessandkids.com](http://www.fitnessandkids.com)

[www.rollypollies.com](http://www.rollypollies.com)

## About the Author



Former Navy Lieutenant Stew Smith graduated from the United States Naval Academy in 1991 and received orders to Basic Underwater Demolition/SEAL (BUD/S) training, (Class 182). He has written workouts that prepare future BUD/S students for BUD/S since 1991, which are still in use today by SEAL recruiters - **The BUD/S Warning Order** and the books "**The Complete Guide to Navy SEAL Fitness**" and "**Maximum Fitness**."

Stew Smith loves to write about fitness and acing physical fitness tests. The following list is the six published books he has written and the many eBooks to his credit as well. All books and eBooks are fitness related and are simply written accounts of his experience as a trainer and his own athletic history.

### **Stew Smith's Published Books**

**The Complete Guide to Navy SEAL Fitness - Maximum Fitness** – The Complete Guide to Navy SEAL Cross-training  
**The Bootcamp Workout**  
**Common Sense Self Defense**  
**The Special Operations Workout**  
**The TV Watchers Workout**  
**The SWAT Workout – From Recruit to SWAT Team**

## The Complete List of Stew Smith's eBooks:

### **General Fitness and Nutritional Guides for Everyone**

The 45 Day Beginner Guide to Fitness  
The 45 Day Intermediate Guide to Fitness  
The Diabetic Prevention Workout / Diet  
The Teenaged Athlete Workout  
The Six Week Advanced Weight Training /PT Routine  
The Parents Kids Workout and Eating Tips – Just Get Moving

### **The Military Physical Fitness Workouts**

Navy SEAL Workout Phase 1 – Beginner Weeks 1-6  
Navy SEAL Workout Phase 2 - Intermediate Weeks 1-6  
Navy SEAL Workout Phase 3 – Advanced Weeks 7-12  
Navy SEAL Workout Phase 4 – Grinder PT – Four weeks before Hell Week  
Navy SWCC Workout  
Navy OCS Workout  
The Service Academy Workout (West Point, Navy, Air Force Academy)  
The Navy, Air Force, Marine Corp Bootcamp Workout  
The Army PFT Workout  
The Army Air Assault School Workout  
The Army Airborne Workout  
The Army Special Forces / Ranger Workout – Phase 1 & 2  
USMC RECON Workout  
USMC OCS / TBS Workout  
Air Force PJ / CCT Workout

### **The Law Enforcement Physical Fitness Test Workouts**

The FBI Academy Workout  
The FBI SWAT Team Workout  
The DEA Workout  
The FLETC Workout – Ace the PEB / ATF Agent / Border Patrol  
The State / Local Police Academy Workout  
The Public Safety Diver Workout

Stew Smith's eBooks are sold on the following sites:

[www.stewsmith.com](http://www.stewsmith.com)  
[www.heroesoftomorrow.org](http://www.heroesoftomorrow.org)  
[www.military.com](http://www.military.com)  
[www.navyseals.com](http://www.navyseals.com)  
[www.sealstrike.com](http://www.sealstrike.com)

And his published books can be found at local book retailers as well as [www.amazon.com](http://www.amazon.com)  
[www.bn.com](http://www.bn.com)  
[www.getfitnow.com](http://www.getfitnow.com)

Contact Stew Smith (Email, mail, phone)

As part of the downloadable, you do have access to email me at anytime and I will answer your questions as soon as possible.

Below are the different ways to contact me for any of the products and services at [www.stewsmith.com](http://www.stewsmith.com)

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### **Working out with children? Where? How? Why?**

Due to recent studies from the Center for Disease Control (CDC), we now know WHY we should exercise with our children even at a young age. Our children are overweight and so are we! The questions that still plague us are how and where is the best place? Not to be short or funny, but anywhere and anyhow, is my answer. Here is WHY!

Obesity is the largest health problem facing children as identified by national health policy makers with approximately 25% of American children aged 6 to 19 already overweight. Co-morbidities (Type 2 diabetes, hypertension, sleep apnea, orthopedic difficulties depression) associated with obesity in children and adolescents have been well documented. The emotional consequences of childhood obesity, including a diminished quality of life, are gaining increased recognition.

<http://www.childrensobesityaction.org/>

Since the 1960s, the number of overweight kids and adolescents in the United States has nearly doubled. Today, 10% of 2- to 5-year-olds and more than 15% of children between the ages of 6 and 19 are overweight. And a whopping 31% of adults are also obese. Studies indicate that overweight and obese adolescents have up to an 80% chance of becoming overweight and obese adults, especially if one or more parent has the same condition.

[http://www.kidshealth.org/parent/general/body/overweight\\_obesity.html](http://www.kidshealth.org/parent/general/body/overweight_obesity.html)

I am a father a two children who could not be more different. My daughter is a little girl who is cautious about doing anything and my son is painfully fearless, though both are very active and competitive. I found if I just get them out of the house and away from the television, that exercise comes very easy. Both like to go to the playground at our school nearby, and both like to play with some sort of ball – baseball, football, soccer etc. This ebook will help give you ideas as a parent to get some exercise while your kids are playing and getting their exercise.

After learning that over 97 million Americans are overweight from eating improperly and not getting enough exercise, I felt compelled to develop exercise programs that were inexpensive, easy to do, and did not impact schedules of the millions of American who still need to begin an exercise program.

The first and largest target population of this book is young and old, men, and women, boys and girls who watch television and play video games more than 4 hours a day.

The second group of people this book is designed to assist in beginning an exercise regimen is the millions of American who simply work too much. (or long hours.)

The third group is the full time child care giver. Whether it is the Mother or the Father who stays at home with the children, this workout will help you exercise while taking care of your children at the same time.

In the pages to come, you may find an exercise program that you can fit into your busy schedule. The proper techniques of performing the stretches and exercises are illustrated in pictures with detailed explanations. Also, workout programs with specific guidelines will walk you through the challenging days of beginning an exercise program.

## Will your kids be fit or fat?

Most of us know by now that obesity in adults is a growing problem, but less attention has been paid to the expanding waistlines of the younger generation.

According to a study conducted by Weight Watchers International Inc. and the American Health Foundation, **25% of American children** are now officially overweight, and the youngest are especially at risk.

The American Dietetic Association (ADA) found that 14 percent of six- to 11-year-olds weighed more than they should, as did 12 percent of 12- to 17-year-olds. These extra pounds are more than just a passing phase; another ADA study suggests that half of obese adolescents will become fat adults.

"Obesity among children is increasing at an alarming rate, and the health consequences are very severe," confirms Karen Miller-Kovach, RD, chief scientist for Weight Watchers, who cites that the dramatic increase in Type II diabetes in teenagers is just one of the serious medical problems linked to the trend.

What's behind the growing number of chubby children? Simply, "**lack of exercise accounts for more than 50 percent of the problem**," says Miller-Kovach. And despite the popular belief that fast food is at the root of our collective portliness, she adds, just 30 percent of the problem is due to overeating or choosing the wrong types of foods.

Instead, experts point to cutbacks in school physical education programs, less time spent outdoors and more time playing video games or sitting in front of a computer, and even the rise in street crime, which makes parents uneasy about letting kids do things such as ride their bikes around the block.

So what can we do to help kids stay fit for the long haul, without making them anxious or weight-obsessed? There's no one-size-fits-all answer, says Miller-Kovach, but there are a few basic guidelines. Monitoring your child's every bite, for instance, is a tactic that's likely to backfire. "And you absolutely do not want to create a closet eater," she continues, which can happen when parents are overbearing about eating.

Rebecca Unger, M.D., an attending pediatrician at Children's Memorial Hospital, suggests keeping an eye on your child's height and weight without talking to him or her about being on a "diet." Instead, she suggests, "Talk about fitness and being healthy."

More ideas:

Put the squeeze on juice.

Many parents consider juice to be a healthful drink, and they serve it to kids in lieu of low-fat milk or water. But juice is high in sugar and calories. In fact, the American Academy of Pediatrics reports that many children wind

up getting the majority of their calories from beverages, when they'd be better off getting them from fresh fruit and other healthful solid foods.

Toss the scale.

Instead of focusing on your child's weight, pay attention to other measures of fitness, such as whether he or she can walk a flight of stairs without feeling out of breath.

Check the medicine chest.

Sharon L. Hirsch, M.D., attending physician at Children's Memorial Hospital in Chicago and assistant professor in the department of child psychiatry at Northwestern University Medical School, says that, while rare, some prescription medications used to treat depression, autism and other conditions can cause weight gain. If your child is on medication and has gained weight despite a fairly active lifestyle, ask your pediatrician about this possible connection.

Get 'em moving.

Assign calorie-burning chores, such as walking the dog or mowing the lawn; or suggest active entertainment, such as bowling or a game of catch.

Don't use food as a reward.

Instead of candy and ice cream sundaes, Dr. Hirsch suggests that parents use stickers or new sports equipment to celebrate kids' accomplishments.

Practice what you preach.

Whether you look in the mirror and call yourself fat or you skip the gym to surf the Net, chances are your kids are watching you closely. Help them learn how to live a healthy lifestyle by practicing what you preach.

Help teach our children the importance of proper nutrition and fitness. Parents you may learn something too!

[http://www.fitnessandkids.com/art\\_fitorfat.html](http://www.fitnessandkids.com/art_fitorfat.html)

## Workouts and Other Calorie Decreasing Tips

These workouts are designed to build muscle, lose fat, speed and endurance. To lose one pound a week, it takes a combination of fewer calories eaten and burning more calories for a total caloric deficit of 2000 calories a week. Break it up into days and you only need to burn an additional 300 calories a day to lose a pound a week. A typical healthy weight loss is 1-2 lbs a week. It is not healthy for the child (mentally and physically) to “diet” but “eating to lose weight” is a better solution to the weight problem. The goal is to find something that you enjoy doing whether that is running, walking, swimming, calisthenics, or weight training. The truth is, by simply adding exercise and activity and portion control at the dinner table, that maybe all you need to do. For instance, running and playing outside after school and using a salad plate for children's meals could be your simple solution. Remember not to make a plate equal to yours in size for your children. AND it may not be a bad idea for the parents to use a salad plate for meals to decrease portion size.

### **Can Children Lose Weight Safely – HOW?**

Absolutely, as long as your exercise routine burns more calories than you eat, **YOU WILL LOSE WEIGHT!** It is that simple. It is never a good idea to starve yourself, especially children who are attempting at becoming more active and are trying to exercise - you will need the energy provided in your food. The tricky thing is to watch the calorie intake and try to keep the calories down to 1500-1800 calories a day. That means more salads, water, and lean meats. Lay off the high carbohydrate foods like white breads, white pastas, and white potatoes,

juice and sodas –AND JUNK FOODS!!! Below is a list of foods you want to eat to lose weight:

Foods that will assist with losing weight:

1% or skim milk

Light Salad dressing	Lean Burgers (no cheese)
Bran Cereal	Yogurt
Small dinner roll	Turkey sandwich
Ham Sandwich	Pretzels
Broth based soup	Lean Tenderloin Steak
Ice Milk	No skin Chicken
Lean Ham Steak	Fish
Green leafy lettuce	Tomatoes
Whole wheat bread	Whole wheat pasta
(Now there is whole wheat white bread!!)	
Drink more WATER	NOT soda or fruit juice

Only give treats when children have been active that day. If your child did not go outside and play or do an exercise program with you inside the house, then no treats! We have to burn excess calories to lose weight. When we add calories, it is like taking one step forward and two step back – thus weight gain will follow.

These are a few foods that can be eaten often and in large quantities. In order to lose weight the body will need water and oxygen (cardiovascular exercise) in order to burn fat as an energy source. Keeping your caloric intake low will enable the exercise to really kick in and create the caloric deficiency you need to lose weight.

Here is how to burn calories and build muscle:

### **The Stretching Program**

Stretching is so important to physical health. Flexibility will decrease injuries, help with speed and agility, and make your joints feel better. Follow the stretches below and do these EVERYDAY with your children. I like to do these in the morning and evening about an hour before bed.

Neck stretch (yes/no)  
Neck/Shoulder Stretch.  
Shoulder Shrugs  
Arm/Shoulder Stretch  
Forearm Stretch  
Tricep/Lat Stretch (half moon)  
Chest / Bicep Stretch  
Stomach Stretch  
Lowerback Stretch  
ITB / Hip  
Hamstring Stretch  
Thigh Stretch  
Calf Stretch

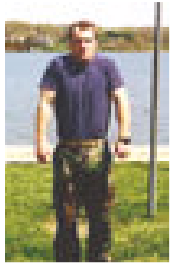
Static Stretching: Holding these stretches for 15-20 seconds is the best way to either add flexibility or end your workout. Do not bounce when performing these stretches and inhale deeply for three seconds, hold for three seconds and fully exhale. Do this twice per stretch. This will take you to the 15-20 second time minimum for holding these stretches for optimal results.

### **Neck Stretch**

Turn your head to the left, right, up and down, as if you were nodding "yes" and "no". Do this stretch slowly. Do not raise, lower, or rotate your neck too much or you may cause neck injury.



**Shoulder Shrugs** - Rotate your shoulders slowly up and down, keeping your arms relaxed by your side. Your shoulders should rotate in small circles and move up and down in slow distinct movements.



**Chest Stretch** – Grab a vertical and stationary object with your hand. Pull your body away from your arm in order to feel the stretch of your chest and shoulder connection. Also stretches your bicep.



**Forearm Stretch** – With your opposite hand pull backwards on your hand while keeping your arm straight and palm pointing in an upward direction. You will feel this stretch in the forearm and bicep / elbow connection.



**Arm / Shoulder Stretch** - Drop your shoulder and pull your arm across your chest. With the opposite arm, gently pull your arm across your chest and hold for 15 seconds. Repeat with the other arm.



**Triceps into Back Stretch** - Place both arms over and behind your head. Grab your right elbow with your left hand and pull your elbow toward your opposite shoulder. Lean with the pull. Repeat with the other arm.



This stretch not only prepares you for the dumbbell triceps exercises, pushups, and dips, but also prepares the back muscles for pull-ups! This is a very important stretch for upper body exercises and swimming.

**Stomach Stretch** - Lie on your stomach. Push yourself up to your elbows. Slowly lift your head and shoulders and look up at the sky or ceiling. Hold for 15 seconds and repeat two times.



As you may know, the lower back is the most commonly injured area of the body. Many lower back problems stem from inactivity, lack of flexibility, and improper lifting of heavy objects. Stretching and exercising your lower back will help prevent some of those injuries.

**Thigh Stretch Standing** - Standing, bend your knee and grab your foot at the ankle. Pull your heel to your butt and push your hips forward. Squeeze your butt cheeks together keep your knees close together. Hold for 10-15 seconds and repeat with the other leg.( You can hold onto something for balance if you need to OR you can lie down on your hip and perform this stretch.



**Hamstring Stretch #1** - From the standing or sitting position, bend forward at the waist and touch your toes. Keep your back straight and slightly bend your knees. You should feel this stretching the back of your thighs.



**Lower back Hamstring stretch #2** – Spread your legs while standing.. Drop your chest down to your knees and place your hands on the floor. Hold for 10 seconds, then try to straighten the legs.



**Hurdler Stretch** - Sit on the floor with your legs straight in front of you. Bend your right knee and place the bottom of your foot on the inside of your opposite thigh. With your back straight, lean forward in order to stretch the back of your legs and your lower back. Hold the stretch for 15 seconds, switch legs, and repeat.



**ITB Stretch** - Sit on the ground with your legs crossed in front of you. Keeping your legs crossed bring the top leg to your chest and bend it at the

knee so that your foot is placed outside of your opposite leg's thigh. Hold your knee for 15 seconds against your chest and repeat with the other leg.



**Note:** Before and after running or rucking you should perform this stretch. This will help prevent very common overuse injuries in the hips and knees.

**Calf Stretch into Achilles Tendon Stretch** - Stand with one foot 2-3 feet in front of the other. With both feet pointing in the same direction as you are facing, put most of your body weight on your leg that is behind you - stretching the calf muscle.



Now, bend the rear knee slightly. You should now feel the stretch in your heel. This stretch helps prevent Achilles tendonitis, a severe injury that will sideline most people for about 4-6 weeks.

### Descriptions of the PT / weight exercises

#### The following are great playground exercises!

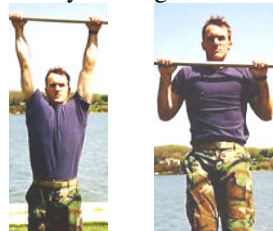
**Regular Push-ups** - Lie on the ground with your hands placed flat next to your chest. Your hands should be about shoulder width apart. Push

yourself up by straightening your arms and keeping your back stiff. Look forward. This exercise will build and firm your shoulders, arms, and chest.



**Knee Push-ups** - If you are having trouble with regular push-ups or have reached muscle fatigue in your push-up workout, you can always resort to knee-push-ups and receive the same muscular benefit. Lie on the ground as shown. With your knees remaining on the ground, lift your body off the floor by straightening your arms and keeping your back stiff.

**Pull-ups (regular grip)** - Grab the pull-up bar with your hands placed about shoulder width apart and your palms facing away from you. Pull yourself upward until your chin is over the bar and complete the exercise by slowly moving to the hanging position.



**Assisted Pull-ups** - Using the bar that is 3-4 feet off the ground, place yourself under it and grab with the regular grip. Straighten your back, hips, and legs and pull yourself to the bar so that your chest touches the bar. Repeat as required. **This is a great way to start out if you cannot do any pull-ups at all. You can also do this on a pair of parallel bars that are used for dips. USE MONKEY BARS FOR THIS EXERCISE.**



**Pull-ups (negatives)** - If you cannot do any pull-ups, you should try "negatives". Negatives are half pull-ups. All you have to do is get your chin over the bar by standing on something or having spotter push you over the bar. Then, you slowly lower yourself all the way down - let your arms hang grasping the bar fully stretched. Keep your feet up and fight gravity for a count of 5 seconds.

**Bench Dips** - Sit on a chair, bench or small table. Place your feet about three feet in front of you as you sit on the very edge of the seat. Now, grab the edge of the seat with your hands, lift your butt off the seat and lower yourself about 4-5 inches below the seat by bending your arms at the elbow.



#### **Lower body Exercises**

**Squats** - Keep your feet shoulder width apart. Drop your butt back as though sitting in a chair. Concentrate on squeezing your glutes in your upward motion. Keep your heels on the ground and knee over your ankles. Your shins should be vertical at all times. Extend your buttocks backward. Do not keep your buttocks over your feet and extend your knees over your feet. Works the gluts, quads, and hams.

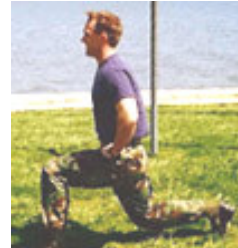
**The 1/2 squat** - Intensify your squat by doing 1/2 squats. While in the full squat position, hold the pose and push yourself up and down within a 6"

range of motion....just like riding a horse. **Kids like to do this one and add a jump to it. See how far they can broad jump!**



**DO SQUAT in between each swing push when child is swinging.**

**Walking Lunge** - The lunge is a great leg exercise to develop shape and flexibility. Keep your chest up high and your stomach tight. Take a long step forward and drop your back knee toward the ground. Stand up on your forward leg, bringing your feet together and repeat with the other leg. Make sure your knee never extends past your foot. Keep your shin vertical in other words. Muscles used: quadriceps, hams, and gluteus.



**Stationary Lunge** - Take a big stride forward. Bend both knees as you lower yourself so your front thigh is near parallel to the floor. Lift yourself up so your knees are straight but your feet have remained in the same position. If you have bad knees either avoid the lunge exercise or only go half way down.

**Lunges with weights** - Only do the stationary lunges with weights. It is easier on the knees than the walking lunges. Simply hold the weight out to your side with your arms relaxed. Do at least 10 repetitions with each leg.

### **Heel Raise** (with weights too)

Hook one foot behind the other and raise up on your toes. Make certain you use a full range of motion. It won't take long to make this burn. Muscles used gastrocnemius and soleus. (single leg heel raise)



You can also hold a weight in your hand if you want a little more resistance and keep both feet on the floor exercising both calves at the same time with less weight distributed per calve. You can also point your toes in as if you were pigeon toes and point them out like you were walking like Charlie Chaplin to change the angle of how you work the calve muscle.

**Bent Knee Heel Raise** - Lift your heel off the floor, this time bend your knees slightly. This will isolate the soleus, which is responsible for jumping higher and starting your sprints. (Calve Exercises)

### **Abdominals**

When you exercise your stomach muscles, make sure to exercise and stretch your back also. The stomach and lower back muscles are opposing muscle groups and if one is much stronger than the other, you can injure the weaker muscle group easily. ALL OF THESE ARE GREAT FOR CHILDREN...ALWAYS WORK ABS AND LOWERBACK TOGETHER

**Advanced Crunch** - (Legs up) - Lie on your back with your feet straight in the air. Keep your legs straight up in the air for the advanced crunches. Cross your hands over your chest and bring your elbows to your knees by flexing your stomach. (Do not do if you have previous lower back injury – place feet on the floor)



**Reverse Crunch** - In the same position as the regular crunch, lift your knees and butt toward your elbows. Leave your head and upper body flat on the ground. Only move your legs and butt. (Do not do if you have previous lower back injury)



**Double Crunch** – Add the regular and reverse crunch together in one motion...You will feel this one twice as fast...



**Right Elbow to Left Knee** - Cross your left leg over your right leg. Flex your stomach and twist to bring your right elbow to your left knee.



**Left Elbow to Right Knee** - Cross your right leg over your leg. Flex your stomach and twist to bring your left elbow to your right knee.

**Lower Back Exercise** - Lie on your stomach with your arms extended over your head. Lift your right arm and your left leg off the ground at the same time and repeat for specified number of repetitions. Switch arms/legs and repeat.

**Lower Back Exercise - Swimmers** - Lie on your stomach and lift your feet and knees off the floor by flutter kicking repeatedly as if you were swimming freestyle.



**Upperback exercise #1 (Arm Haulers)** - Lie on your belly with your feet on the floor. Lift your chest slightly off the floor and wave your arms from your sides to over your head for 30 seconds.



**Upperback exercise #2 - (reverse pushups)** - Lie on your stomach in the down pushup position. Lift your hands off the floor instead of pushing the floor. This will strengthen your upperback muscles that oppose the chest muscles. Rear deltoids and rhomboids are the muscles used



**Upperback exercise #3 – (Birds)** Lie on your stomach with your arms spread to the height of your shoulders. Lift both arms off the floor until your shoulder blades “pinch” and place them slowly in the down position. Repeat for 10-15 repetitions mimicking a bird flying.



**Situps** - Lie on your back with your arms crossed over your chest, keeping your knees slightly bent. Raise your upper body off the floor by contracting your abdominal muscles. Touch your elbows to your thighs and repeat.



### **The Light Weight Shoulder workout**

**This is one of the safest and best shoulder workouts I have ever learned. This should routine is for post rotator cuff shoulder surgery physical therapy patients. You will find it to be one of the toughest shoulder workouts ever – until you get used to it.**

**LATERAL RAISE** - Over 5 pound dumbbells is not recommended for this exercise. Keep your knees slightly bent, shoulders back, and your chest high. Lift weights parallel to ground in a smooth controlled motion, keep your palms facing the ground. Follow the next 6 exercises without stopping. **For children use 0-3 lbs ONLY!**



**THUMBS UP** - After performing 10 regular lateral raises, do 10 lateral raises with your thumbs up, touching your hips with your palms facing away from you and raising your arms no higher than shoulder height.



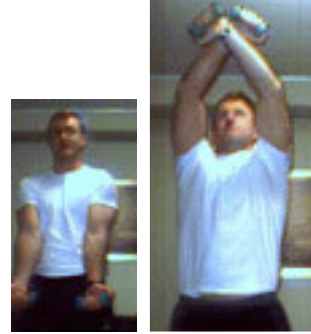
**THUMBS UP / DOWN** - Continue with side lateral raises. As you lift your arms upward, keep your thumbs up. Once your arms are shoulder height, turn your hands and make your thumbs point toward the floor. Repeat for 10 times, always leading in the up and down direction with your thumbs.

**FRONT RAISE (THUMBS UP)** - Now, for 10 more repetitions, time to work your front deltoids. Lift the dumbbells from your waist to shoulder height keeping your thumbs up.



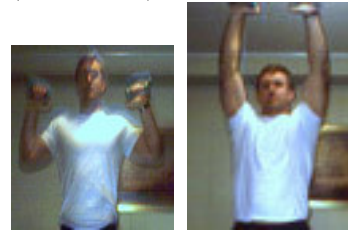
**CROSS OVERS** - With your palms facing away from you and arms relaxed in front of your hips, bring your arms up and over your head as if

you were doing a jumping jack (without jumping). Cross your arms IN FRONT of your head and bring them back to your hips for 10 repetitions.



### **MILITARY PRESS**

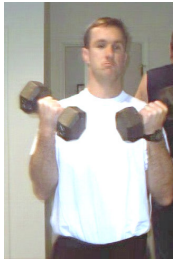
Place one foot ahead of the other as shown and knees slightly bent to reduce strain on your lower back. Exhale as you push the weights over your head for 10 final repetitions in the mega-shoulder pump workout.. Slowly lower them to shoulder height and repeat. Muscles used are shoulders and triceps (back of arm).



### **Weights with dumbbells (adults 10-20 lbs, Children 3-8 lbs)**

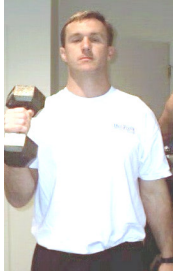
#### **Biceps Curls**

Place dumbbells or bar in hands with your palms facing upward. Use a complete range of motion and keep it smooth. Do not swing the weights. Nothing moves but your elbows. Muscles used: biceps (arms).



### **Hammer Curls**

This is the same as a bicep curls except your palms are facing your hips. Alternate lifting each dumbbells like you were running - "hip to lip". Use a complete range of motion and keep it smooth. Do not swing the weights.



### **Tricep Extensions- (Back of the arm)**

With weights in hands, bring your hands overhead and lower the weight toward the back of your neck. Make certain your elbows remain in one place through movement – next to your ears!. Repeat!



Weeks One and Two Chart: Build a Foundation

**Warm-up / Stretch 5 minutes** - The 1/4 mile jog warm-up is for getting your body prepared for exercise. This quick and easy step added to every exercise session will add flexibility, increase speed and most importantly - prevent injuries!

**\*\*NOTE\*\***

It is best to practice lifting weights for the first time with light weights and no greater than your bodyweight for any exercise.

Weeks One and Two (Build a Foundation for Children exercisers)

<b>Monday - Upperbody Pushup Day</b>	<b>Tuesday - Back / Bi /Legs / Sprints</b>	<b><u>Wednesday / Sunday</u></b>
<p><b>Stretch - 15 minutes</b>  <b>Pushups</b> - 2 sets max reps                      Rev pushups – 20                      Birds – 10                      Swimmers – 30 seconds  <b>Light Weight Shoulders – 0-3 lbs</b>  <b>Bench Dips</b> - 2 sets max  <b>Abs</b> - Crunches- 10-25 reps                          Double Crunches – 10-25 reps                          Situps - 10-25 reps                      IL agility test – see below x 3                      or Sprints in back yard or track – 5 x 40 yds</p>	<p><b>Jog 1/4 mile</b>  <b>Stretch - 5 minutes</b>  <b>Squats</b> - 3 x 10  <b>Pullup</b> - 3 x max on monkey bars  <b>Lunges</b> -3 x 10  <b>Bicep curls - 3 x 10-15 reps</b>  <b>Calf raises</b> - 3 x 15  <b>Broad jumps</b> - 3 x 5  <b>Sprints</b> - 10 yards x 5                          20 yards x 5                          40 yards x 3                          Box drills x 3 / Leg Box Drills x 3</p>	<p><b>Stretch - 15 minutes</b>   <b>Playground Days</b>   <b>Or sports day</b>                       OR                      Repeat 5-10 times                      Or jumping jacks – 10                      Toe touch walk hands into pushups position                      Pushups – 5-10 times</p>
<b>Thursday - Upperbody / Run</b>	<b>Friday - Legs / Sprints</b>	<b>Saturday -Back/Biceps/Run</b>
<p><b>Jog 1/4 mile</b>  <b>Stretch - 5 minutes</b>  <b>Pushups</b> - 2 x's max  <b>Military Press</b> -3 sets x 15 reps  <b>Dips</b> - 2 sets max reps  <b>Abs</b> - Crunches- 10-25 reps                          Double Crunches – 10-25 reps                          Situps - 10-25 reps                      IL agility test – see below x 3                      or                      Walk/run 1miles / Stretch</p>	<p><b>Jog 1/4 mile</b>  <b>Stretch - 5 minutes</b>  <b>Squats</b> - 3 x 20 reps  <b>Lunges</b> - 3 x 10 each leg  <b>Calf raises</b> - 3 x 15 reps  <b>Sprints</b> - 10 yards x 5                          20 yards x 5                          40 yards x 3                       Box drills x 3 / Leg Box Drills x 3</p>	<p><b>Jog 1/4 mile</b>  <b>Stretch - 5 minutes</b>  <b>Pullups</b> - 2 sets max reps  <b>Dumbbell rows</b> - 3 x 10  <b>Dumbbell Curls</b> - 3 x 10 / arm   <b>Abs</b> - Crunches- 10-25 reps                          Double Crunches – 10-25 reps                          Situps - 10-25 reps                      IL agility test – see below x 3                      or Sprints in back yard or track                      5 x 40 yds runs</p>

## WEEKS 3-4

<p><u>Day 1</u> Upperbody day Run / stretch 10:00 Repeat 5 times Pull-ups – max Pushups – 10 Crunches – 10 Run 100yd</p> <p>Agilities x 5 each M, Box, and sprint drills Walk 1 mile or play</p>	<p><u>Day 2</u> Walk / run - 5:00 Stretch 10:00 Repeat 5 times jog - 100 yds lunges – 10 per leg jog 100 yds squats – 20</p> <p>Repeat 3x's each Sprints 10 yd, 20,yd, 40 yd</p>	<p><u>Day 3</u> Stretch 15 minutes Upperbody PT / Abs Pushups / jumping jacks – 10 each – repeat 5 times</p> <p>Dumbbells: biceps, triceps, military 10 reps each Light weight shoulders</p>	<p><u>Day 4</u> Stretch 15 mintues Play Day- Outside on Playground</p> <p>- Runs – 5 x 40 yds</p> <p>IL agility test – see below x 3</p>	<p><u>Day 5</u> <b>Stretch 5:00</b> <b>Repeat-5 times</b> pushups / crunches – 10 / 10 swimmer exercises 1 minute rev pushups - 20</p> <p>Field sprint drills: 20,40,60yds x 3 each rest by walking back to the starting line</p>
<p><u>Day 6</u> Long run /bike Leg Day Repeat 5 times 5:00 run or bike on track squats – 20</p> <p>Agilities x 3 each M, Box, IL, and sprint drills</p>	<p><u>Day 7 rest and stretch</u> Stretch PT day</p> <p>Optional Walk/bike - 20-30:00</p> <p>Playground Day</p>	<p><u>Day 8</u> Run 10:00 / stretch <b>repeat 5 times</b> abs of choice – 10-20 <u>pushups - 10</u> Repeat 5 times Pull-ups – max pushups - 10-20 run 100 yds bench dips - 20</p>	<p><u>Day 9</u> Playground day / Sports</p> <p>All Sprints / Agilities 20:00</p>	<p><u>Day 10 – Wednesday</u></p> <p>Pullups – max reps x 4 Bench dips - 4 x 15 Dumbbells – ALL 4 x 10 reps of each (biceps, tricep, shoulders) <b>repeat 5 times</b> Crunches / pushups - 10,10</p>
<p><u>Day 11</u> Play Ground Day – Sports of choice</p>	<p><u>Day 12</u> <b>Sprints day – Race Day</b> 4 x 100yd sprints Rest each sprint with 10 pushups and 10 abs of choice 4 x 60yd sprints 4 x 40m sprints</p> <p>All Agilities / sprints</p>	<p><u>Day 13</u> <b>Upperbody – NO run</b> <b>Repeat three times</b> Pushups – 10-20 Dumbbells – 10 - biceps, triceps, shoulders pull-ups / pulldowns – max</p>	<p><u>Day 14</u> Long run / sprints / agilities</p> <p>Long bike 20:00 around track</p> <p>Sprints – 10,20,40 yd x5</p> <p>M drills, box drills, shuttleruns IL agility test – see below</p>	<p><u>Day 15</u> <b>Stretch routine</b></p>

### Tips to Squeeze in Exercise in the TV Room

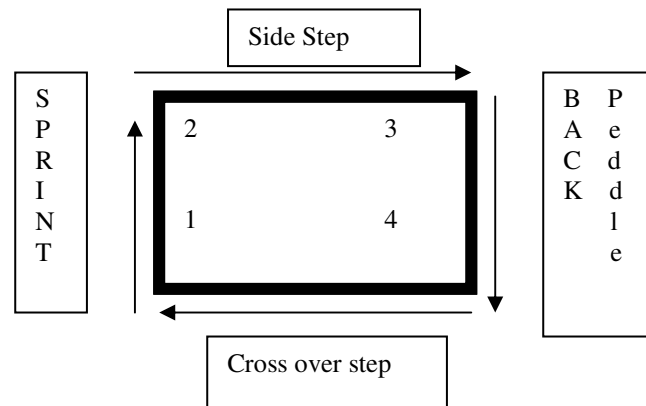
TV Watching Days – Some days are best spent inside, but do not let the weather affect your exercise program. One of my favorite things to do is exercise during commercials or on a timer every 15:00 for 1-2 hours. There are 2-3 minutes of commercials during a commercial series and 3-4 series in a 30 minute show – which equals nearly 10-12 minutes of commercials per 30 minute show. Try selecting any of the above dumbbell exercises, pushups, stomach or lower back exercises, and stretching to create a fun program that will get you and the children moving during your favorite TV Shows.

Limit games or put a timer set for 15:00 so your children will have to stop the game – do a cycle of exercise for 2-3 minutes and get back to the game. These are good compromises and do work well. The very basic and beginner fitness book – **The TV Watcher's Workout** is based on this type of program.



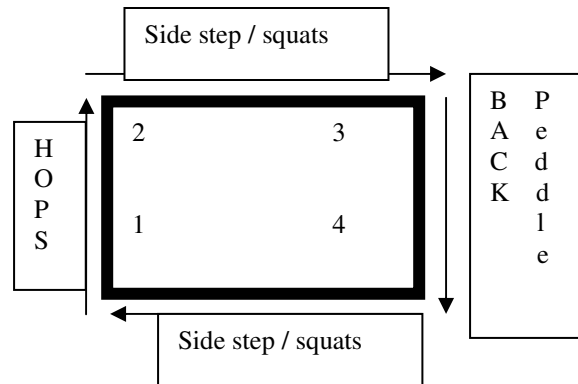
## CONCEPTS

- **20 yard Box drills** – set up two boxes with four cones -
- Have group start at the first cone and sprint to the 2<sup>nd</sup> cone, side step to the third cone, back peddle to the 4<sup>th</sup> cone, and cross over step back to the 1st cone.

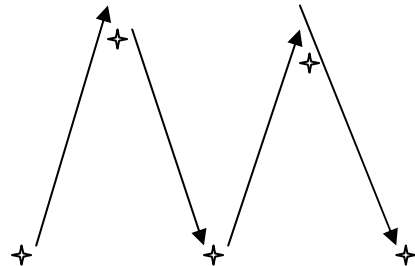


- Stay low and start in a three point stance or standing running stance
- As students get comfortable with drill, have students pivot and turn at each cone

**Leg power drills:** Keep cones in the same box drill formation. This time have the students start at the first cone in a standing position, then move forward by broad jumping to the 2<sup>nd</sup> cone, side step squats to the 3<sup>rd</sup> cone, back peddle to the 4<sup>th</sup> cone, and finish up with side stepping squats to the starting position.



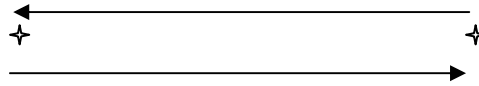
**20 yard M Drills** – Set cones in an M formation and have students run forward through the cones, but pivoting and changing directions at every cone.



- Repeat forward running 5 times each student.
- Have students sprint forward AND back peddle through the M drill changing direction at each cone.

\* Great ball handling drill for soccer athletes

**120 yd Shuttle run:** Set up two cones 20 yards apart. Have students lie on their back at the first cone. Blow whistle. Students will now run to 2<sup>nd</sup> cone, pivot, turn around and run back to the 1st cone. A total of three round trips must occur before students can stop running – this will total 120 yds. This is an actual FBI fitness test and will help you with your agility test:



Additional Reading – Learning about calories to lose weight and gain weight:

Most people who decide to lead a healthier lifestyle go on traditional diets. The truth is, however, that 95% of those who go on such diets fail; what's worse, they often end up in worse shape than when they started.

Diets are both ineffective and potentially harmful; long-term health-oriented programs should replace them.

Low calorie diets, result in muscle loss, in preference to fat so that the most useful tissue is preserved for times of starvation. Fat produces 9 cal of energy per gram compared with only 4 cal per gram produced by your muscle tissue.

However, muscle determines the overall metabolic rate of the body, so if muscle is lost, the metabolic rate will be reduced. This means that when the dieter returns to a normal pattern of eating again, the lower metabolic rate will result in rapid weight gain.

The other problem with having a low level of lean muscle tissue is the feeling of fatigue, when doing simple exercise tasks. The muscles and the liver both store energy supplies, in the form of glycogen.

This situation has developed simply because many people are looking for an easy way to lose weight that delivers quick results. No such approach exists, yet the slimming industry continues to misguide people into believing that fast weight loss can be achieved with minimum effort.

Achieving target weight requires lifestyle changes. These changes include regular exercise, a sensible approach to healthy eating and the right mental attitude.

### **Why Dieting can make you FATTER**

The conventional approach to dieting is a disaster. The first mistake is to call a program a “weight loss program”. There are many weight reduction programs, which if followed can produce rapid weight loss.

However, this weight loss is neither sustainable nor healthy as it involves dehydration and loss of muscle tissue.

When you are ill and bed bound similar results are produced in only 48 hours, especially if you have a complaint like food poisoning. How much weight do you think is lost in the form of excess unhealthy adipose fat tissue?

### **DEHYDRATION**

**70% of the body is made up of water. It is easy to design a dehydration diet that results in losing 10 lb. of water within several days. Many naive people are encouraged by these rapid results. Simply dehydration by 2-3 % of body weight can result in a 7% drop in physical performance.**

### **LOSS OF MUSCLE TISSUE**

If you lose weight too quickly, much of the weight loss will be muscle tissue. It is estimated that when people lose over 2lbs of weight a week, 30-40% of the weight lost will be muscle.

This is a disaster for keeping the weight off in the long term because muscle is five times more active metabolically than fat tissue.

### **Exercise and Healthy Eating the First Priority**

The aim of an exercise program is to lose fat without losing muscle and without reducing metabolic rate. The exercise needs to be customized to fitness level and to specific goal of fat loss.

Together aerobic exercise and resistance training are the ideal combination of exercise to achieve fat loss and it should be part of your lifestyle.

### **Aerobic Exercise**

Aerobic exercise metabolizes calories and raises the metabolic rate. The heart rate needs to be raised to a comfortable level for 20 - 30 minutes at least 3 times per week. By exercising aerobically, calories will be burnt at a rate of 300 + per hour depending on your weight and fitness level.

If you consider that just 1 pound of body fat has approx. 4,100 calories, then you can get a rough idea, of just how long it will take to shed those extra pounds permanently. Look again at how long it took to put them on, normally years or a complete lifetime of your own bodily abuse.

**The debate of how hard to work:** Personally I recommend that you work at a level that you know that you can maintain for a minimum of 20 to 30 minutes.

The debate comes in, when various fitness bodies suggest training at a high heart rate 75/90 % of max, for short periods or 55/80 % of maximum heart rate for easier longer periods.

I'm no scientist, but I have tried both methods on a number of clients, and have found like most things in life, it may work for one person but not necessary for another.

In short try both methods, unless you are a complete beginner to fitness, in which case I would recommend training at a steady pace for as long as comfortably possible.

Aerobic exercise will also raise the metabolic rate for approx. 24 hours after you have finished training. This helps to burn up extra calories and prevents the metabolic rate declining.

### **Resistance (or weight) Training**

Look in the section on this web site dealing with weight training for guidelines, or speak to a qualified trainer to aid you in both the correct exercises and techniques for yourself.

Inactive people lose about 10 % of their muscle mass every 10 years after the age of 25. However with regular resistance training it is possible to regain this muscle mass.

Resistance training should be carried out 2-3 times per week for approx. 30 minutes. Although not generally effective as aerobic training for burning calories, resistance training will still burn about 250-500 calories per hour and will raise metabolic rate.

Don't feel that by doing weight training that you will develop a body that resembles a body builders, as these men and women spend a great deal of their time as well as strict diets and grueling weight sessions to achieve the physiques that they have.

Another important point is that muscle will not turn into fat, if you stop training. The muscle tissue will naturally break down and shrink in size.

Important point because lean muscle tissue weighs more than body fat, your actual body weight may stay the same, during the early stages of your new lifestyle regime.

Don't be alarmed, the weight will come of, however if it does not, your overall ratio of body fat compared to lean muscle tissue, will certainly be in a healthier ratio.

Try and avoid using the scales, unless they can monitor your body fat as well, instead measure your body at various points e.g. your hips, chest, stomach and thighs. Using an item of clothing is also a good way to measure yourself, as with a bit of time and dedication, you will find that the clothing fits you properly.

### **Healthy Eating**

Good nutrition is very important for fat loss, and focusing on health and health promoting foods is far more productive than focusing on fat loss and denial of favorite foods.

Adopting a whole food diet, avoiding salt, fat, sugar, additives, preservatives, processed and refined foods, needs to become part of a life style change.

By increasing natural foods with a high fiber and water content (fruit and vegetables) more food can be eaten to appease the appetite without gaining weight.

A whole food diet also has a much higher vitamin and mineral content than a typical diet containing processed and refined foods. Dieting is such a negative term – I like to think of it as “eating to lose weight.”

The following charts compare the caloric value and expenditure values of different foods and activities respectively. It is important to realize just how much work is required to burn off certain foods. For instance, to burn the amount of calories in a chocolate chip cookie, it requires a person to walk vigorously for over 20 minutes. A cookie has a caloric value of 110 calories. A person must walk for a 20 minute time period to burn off that one cookie.

Below are others foods and activities to better drive home the seriousness of watching your calories:

## Exercise & Calories Burned Charts

### Alcoholic Drinks

See chart below for the number of minutes of exercise required to burn off these drinks

Exercise	Beer 12 fl oz	Cider 12 fl oz	Scotch x1	Red wine, glass	Port, glass
<b>Aerobics</b> Active	19	21	15	12	24
<b>Dancing</b> Energetic	21	23	17	14	28
<b>Jogging</b> 5mph	17	18	14	11	22
<b>Walking</b> 3mph	31	33	23	19	37

**Note**

All figures are approximate.  
They are based on a 150 pound woman.  
If you weigh more, you will burn more calories.

### Snack Breads

Exercise	3.5" Bagel	Danish, apple	Croissant, plain	Pretzel Nuggets 4oz	Breadstick x 1
<b>Aerobics</b> Active	25	34	40	62	5
<b>Dancing</b> Energetic	29	40	46	72	6
<b>Jogging</b> 5mph	23	32	37	57	5

<b>Walking</b> 3mph	39	53	62	96	8
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## Burgers

<b>Exercise</b>	Cheeseburger and Fries	Lrge Hamburger and Fries	Fish and Chips	Chicken and Fries	3 Pancakes with butter & syrup
<b>Aerobics</b> Active	88	114	74	102	67
<b>Dancing</b> Energetic	102	132	85	118	78
<b>Jogging</b> 5mph	81	105	68	95	62
<b>Walking</b> 3mph	136	176	114	158	104

## Fruit

<b>Exercise</b>	Banana medium	Orange Medium	Strawberries 4oz	Raisins 4oz	Apple Medium
<b>Aerobics</b> Active	10	6.5	3	32	8
<b>Dancing</b> Energetic	12	7.5	4	37	9
<b>Jogging</b> 5mph	9.5	6	3	29	7
<b>Walking</b> 3mph	16	10	5	49	12

## Vegetables

See chart below for the number of minutes of exercise required to burn off these foods

<b>Exercise</b>	Carrot 4oz	Potato 4oz	Spinach cup	Potato salad cup	Squash cup
<b>Aerobics</b> Active	2.5	10	1.25	47	13
<b>Dancing</b> Energetic	3	12	1.5	54	15
<b>Jogging</b> 5mph	2.5	9.5	1.25	43	12
<b>Walking</b> 3mph	4	16	2	72	20

AVERAGE CALORIES EXPENDED PER HOUR (ranges indicate degree of activity)		
Activity	110 – 159 lb Person	160 – 250 lb Person
<b>AEROBIC DANCING</b>	290 – 575	400 – 800
<b>BACKPACKING</b>	290 – 630	400 – 800
<b>BASKETBALL</b>	170 – 515 (Nongame)	240 – 720 (Nongame)
<b>BICYCLING</b>	170 – 800 (Outdoor) 85 – 800 (Stationary)	240 – 1,120 (Outdoor) 120 – 1,120 (Stationary)
<b>HIKING</b>	170 – 690	240 – 960
<b>JOGGING</b>	460 (12 min/mile) 575 (10 min/mile)	640 (12 min/mile) 800 (10 min/mile)
<b>ROWING</b>	170 – 800	240 – 1,120

<b>RUNNING</b>	690 (9 min/mile)	960 (9 min/mile)
<b>SKIING (Snow)</b>	290 – 800 (Cross-country) 170 –460 (Downhill)	400 – 1,120 (Cross-country) 240 – 640 (Downhill)
<b>STAIR CLIMBING</b>	230 – 460	320 – 640
<b>SWIMMING</b>	230 – 690	320 - 900
<b>WALKING</b>	170 (20 min/mile) 260 (15 min/mile)	240 (20 min/mile) 360 (15 min/ mile)

Here are a few examples of common foods, a typical portion size and their approximate caloric values. (These caloric values are measurements for a basic serving size. Check the nutrition information on the labels of your foods, or measure your servings, to determine caloric value.)

As you can see, to burn off these common foods requires a significant amount of time and exercise. The most important thing to remember is:

**CALORIES IN < CALORIES OUT = WEIGHT LOSS**

<b>Food</b>	<b>Serving Size</b>	<b>Calories</b>
American Cheese	one slice	70
Apple	one medium	80
Apple juice	8 fluid ounces	120
Bacon	2 slices	80
Bologna	1 ounce	90
Caesar salad	10 ounces, with dressing	520
Carrot, fresh	one medium (7 inches long)	35
Cheesecake, plain	1/4 of 19-ounce cake	330
Chicken breast	6 oz	280
Chicken egg, hard boiled	1	77
Cola	8 fluid ounces	100
Frozen waffles	2 waffles	220
Ham, sliced	9 oz	100
Hamburger roll	1 roll	130
Macaroni and cheese, packaged dinner	7.5 ounces	260
Milk	8 fluid ounces	160
Pasta	2 cups	300
Potato, baked	7 oz	200
Potato Chips	1 ounce	150
Pretzel twists	1 ounce	110
Salad, tossed various	12 oz	50
Tuna fish, canned	4.5 oz	120
Tortilla chips, baked	4 oz	200
Yogurt, Fruit	6 oz	80

A good caloric intake for women seeking to lose a few pounds with moderate exercise is 1200-1500 calories a day.

For men with the same goal: 1500 – 1700 calories a day