

Floyd County Family YMCA

Fitness Fundamentals



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Floyd County Family YMCA
33 State Street. New Albany. IN

Rules for Phase 2 Participation

Before you begin the Phase 2 program you must...

- Be between 10-13 years old.
- Follow all rules and guidelines in the YMCA facility.
- Watch this presentation in its entirety.
- Pass an in-person test and practical with a Healthy Living Coach after completion of this presentation.



Goals and Learning Objectives

- Learn about the mission and areas of focus for the YMCA.
- Learn about the 5 components of fitness.
- Learn about basic nutrition and hydration.
- Learn how to keep yourself safe while exercising.
- Learn the Phase 2 workout routine.
- Be able to pass a short test and in-person practical.

The YMCA Mission Statement

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



Areas of Focus

- **Our 3 Areas of Focus are...**

- **Youth Development**

- Nurturing the potential of every child and teen.

- **Healthy Living**

- Improving the nation's health & well-being.

- **Social Responsibility**

- Giving back and providing support to our neighbors.



Core Values

- **Our 4 Core Values are...**
 - **Caring**
 - Be kind and considerate to everyone.
 - **Honesty**
 - Always tell the truth.
 - **Respect**
 - Listen and follow instructions from adults.
 - **Responsibility**
 - Take care of your self and your possessions.

Benefits of Exercise

- Increased strength
- Increased endurance
- Improved sleep
- Reduced stress
- Stronger bones
- Increased self worth
- Improved balance and stability
- Reduced risk for chronic disease
- Weight management



5 Components of Fitness

- 1) Cardiorespiratory Fitness
- 2) Muscular Strength
- 3) Muscular Endurance
- 4) Flexibility
- 5) Body Composition

Cardiorespiratory Fitness



- **What is Cardiorespiratory fitness?**
 - The ability of the circulatory system and respiratory system to supply oxygen during sustained physical activity. Also called aerobic fitness.
- **What makes up the Cardiorespiratory system?**
 - Heart, lungs, blood vessels (arteries and veins)

Cardiorespiratory fitness, sometimes abbreviated as “cardio,” is simply any exercise that uses large muscle groups moving in a repetitive motion that raises the heart rate.

Frequency and Types of Cardio

- **What exercises are considered cardio?**
 - Some examples of cardio exercises are walking, biking, running, jumping rope, swimming and rowing.
- **How often should I be doing cardiorespiratory exercise?**
 - Your goal should be to do 4-5 days of cardio exercise during the week. Try to complete 60 total minutes of cardiorespiratory exercise throughout the day.

Muscular Strength and Endurance



- **What is Muscular Strength and Endurance?**
 - **Strength**-the amount of force a muscle can exert in a single effort.
 - **Endurance**-a muscle's ability to perform repeated contractions at a lower force.
- **How often should I be strength training?**
 - 2-3 times per week. 1-3 sets of 10-15 repetitions.
 - Make sure you have at least 1 day of rest between strength training to let your muscles recover.

Types of Strength Training

- **What exercises are considered strength training?**
 - **Weight machines**
 - Leg press
 - **Body weight exercises**
 - Push ups
 - **Resistance bands**
 - Bicep curl with a resistance tube
 - **Dumbbells**
 - Shoulder press with dumbbells
 - **Barbells**
 - Back squat

Flexibility



- **What is Flexibility?**
 - The ability to move the joints through their full range of motion
- **What exercises are considered flexibility training?**
 - **Dynamic**-includes movement; usually done as part of a warm up.
 - **Static**-focuses on holding the stretch; usually done at the end of exercise as part of the cool down.
- **How often should I be stretching?**
 - 5 or more times per week for about 30 seconds per body part.

Body Composition

- **What is body composition?**
 - The ratio of lean muscle mass compared to fat mass.
- **How do I measure body composition?**
 - You can use a simple calculation called BMI, or body mass index, to estimate your body composition.
- **If you would like to estimate what your body composition is, use the link below to calculate your BMI.**

<https://www.cdc.gov/healthyweight/bmi/calculator.html>

Nutrition

- **Proper nutrition is important for maintaining a healthy weight, as well as giving us energy to perform our exercises.**
- **The 5 food groups are ...**
 - Fruits, vegetables, protein foods, grain and dairy.
- **Make sure to include all of the food groups throughout the day.**
- **Focus on making half of your plate fruits and veggies.**
- **Aim to make half of your grains “whole.” Look for “100% whole grain” on the label.**
- **Don’t forget dairy; complete your meal with a cup of low fat milk or a soy beverage.**

To learn more about proper nutrition visit the link below.

<https://www.choosemyplate.gov/>



Hydration

- **Your beverage of choice should be water.**
 - Soda, energy drinks and other sugar sweetened drinks contain a lot of calories from sugar and few nutrients.
 - Water keeps us hydrated, helps regulate our internal temperature and keeps our skin healthy.
 - Other healthier beverage options include low fat milk and 100% fruit juice.
 - Take a clean refillable water bottle with you to stay hydrated on the go.



Safety When Exercising

- Make sure to adjust your machine and weight before entering the piece of equipment.
- Make sure to use a proper weight. Using too much weight can cause injuries to yourself and damage the equipment.
- Focus on slow and controlled movements. You should not hear the machine “clanking” or making loud noises while exercising.
- If you do not remember how to use a piece of equipment or you are unsure, just ask a Healthy Living Coach for assistance. We are here to help you.

Exercise Etiquette

- Etiquette means having good manners and behaving appropriately.
- While in the wellness center please follow common exercise etiquette like...
 - Please spray a paper towel with the cleaning solution and wipe down the equipment you have used.
 - Always wear clean, closed-toe shoes when utilizing the wellness center.
 - While exercising, focus on your body. Consider putting your cell phone away and limiting your distractions.
 - Treat other members in the wellness center with respect.
 - Be courteous and let other members use the equipment while you are resting.

Phase 2 Workout Routine




YMCA of Greater Louisville: Floyd County Family Branch
Youth Fitness Program: Phase 2

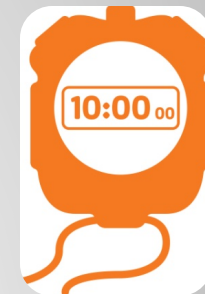
Name: _____ Start Date: _____ Age: ____ Coach: _____

Date													
Exercises	wt/set	wt/set	wt/set	wt/set	wt/set	wt/set	wt/set	wt/set	wt/set	wt/set	wt/set	wt/set	wt/set
1. Cardio (15-30minutes) Walk, jog, cycle or jump rope	/	/	/	/	/	/	/	/	/	/	/	/	/
2. Cybex #1 Leg Press (10 reps) Seat= Back=	/	/	/	/	/	/	/	/	/	/	/	/	/
3. Cybex #7 Chest Press (10 reps) Seat= Back=	/	/	/	/	/	/	/	/	/	/	/	/	/
4. Cybex #9 Row (10 reps) Seat= Chest=	/	/	/	/	/	/	/	/	/	/	/	/	/
5. Cybex #10 Lat (10 reps) Knee=	/	/	/	/	/	/	/	/	/	/	/	/	/
6. Cybex #11 Overhead Press (10 reps) Seat=	/	/	/	/	/	/	/	/	/	/	/	/	/
7. Sit up twist (20 reps)	/	/	/	/	/	/	/	/	/	/	/	/	/
8. Box Jumps (10 reps) Box height _____	/	/	/	/	/	/	/	/	/	/	/	/	/
9. Cool down/Stretch (30 seconds per stretch)	✓												



Look for the  symbol at each numbered exercise station. Make your machine adjustments. Perform your exercise and then move to the next exercise station. Have FUN!

- This is an example of a blank Phase 2 workout card.
- The Healthy Living Coach will help you fill out the information during your in-person meeting.
- You are only allowed to do the exercises listed on the workout card.
- Make sure to track your workouts by noting the date, weight and total sets you performed.
- Look for the stop watch symbol. It will be posted on the equipment used in Phase 2.



How to Fill Out Your Workout Card




YMCA of Greater Louisville: Floyd County Family Branch
Youth Fitness Program: Phase 2

Name: Susie Squats Start Date: 1-1-18 Age: 12 Coach: Alli

Date	1-1											
Exercises	wt/set	wt/set	wt/set	wt/set	wt/set	wt/set	wt/set	wt/set	wt/set	wt/set	wt/set	wt/set
1. Cardio (15-30minutes) Walk, jog, cycle or jump rope	Walk 30min											
2. Cybex #1 Leg Press (10 reps) Seat= 3 Back= 2	50lb 2sets											
3. Cybex #7 Chest Press (10 reps) Seat= 1 Back=2	15lb 2 sets											
4. Cybex #9 Row (10 reps) Seat= 1 Chest= 2	15lb 2 sets											
5. Cybex #10 Lat (10 reps) Knee= 7	15lb 2 sets											
6. Cybex #11 Overhead Press (10 reps) Seat= 1	10lb 2 sets											
7. Sit up twist (20 reps)	✓ 2 sets											
8. Box Jumps (10 reps) Box height 12"	✓ 2 sets											
9. Cool down/Stretch (30 seconds per stretch)	✓											



Look for the  symbol at each numbered exercise station. Make your machine adjustments. Perform your exercise and then move to the next exercise station. Have FUN!

- Check out this example of a logged workout.
- Look at how Susie records her information about her workout.
- She lists the date of her workout, the weight, and the total sets on her workout card.
- The far left column has information about how to set up your machines. It will be filled out by your Healthy Living Coach during your in-person meeting.

Station 1: Cardio



Youth Fitness Program: Phase 1 & 2

1 Cardio:

- You may choose to walk, jog, cycle or jump rope for 10-15 minutes (phase 1) or 15-30 minutes (phase 2)
- Mix it up! Try choosing 2-3 different activities for a few minutes at a time. It all counts towards your cardiorespiratory endurance.
- Did you know?—cardiorespiratory fitness helps strengthen your heart and lungs. This allows your body to send more oxygen to your exercising muscles.

Station 2: Leg Press

- <https://www.youtube.com/watch?v=IfZi4z0VkSs&feature=youtu.be>
- Click on the link above to watch an instructional video about the Cybex Leg Press.



Station 3: Chest Press

- <https://www.youtube.com/watch?v=xoA37HV7szs>
- Click on the link above to watch an instructional video about the Cybex Chest Press.



Station 4: Row

- <https://www.youtube.com/watch?v=2rPgDPAhoHU>
- Click on the link above to watch an instructional video about the Cybex Row.



Station 5: Lat Pull Down

- <https://www.youtube.com/watch?v=YHINBY2RI1w>
- Click on the link above to watch an instructional video about the Cybex Lat Pull Down.



Station 6: Overhead Press

- <https://www.youtube.com/watch?v=E-w-JNi1txQ>
- Click on the link above to watch an instructional video about the Cybex Overhead Press.



Station 7: Sit Up With a Twist



Youth Fitness Program: Phase 2

7 Sit up with a twist



- Start by lying flat on your back with your knees bent and your hands placed behind your ears.
- Press your belly button into your spine so that your back is flat on the mat.
- Slowly start to curl up and off of the mat.
- Once you have curled all the way up slowly twist to one side and then return to start.



Did you know....muscles need energy every day. Just 1lb of muscle can use 7-10 calories per day without any activity.

Station 8: Box Jumps



Youth Fitness Program: Phase 2

8 Box Jumps



- Start with your feet shoulder width apart and your body facing the black plyo box.
- Quickly squat down and then jump up and onto the box.
- Try to land softly and with your feet shoulder width apart on the box. Focus on keeping your knees over your toes as you land.
- Pause for 2-3 seconds and then step down.



Did you know....activities, like box jumps, can help you jump higher and run faster? Box jumps train your body to move quickly and be powerful.

Station 9: Cool Down and Stretch



Youth Fitness Program: Phase 1 and 2

9 Cool down and Stretch

Hamstring



Ab



Low back



Hip



Quadriceps



Shoulder



Adductor



Calf



Triceps



Did you know? Stretching after a workout can help your muscles recover quicker. That means you won't feel as tired the next day and you can do more activity!

Miscellaneous

- **How will you know when to add more weight to your exercise?**
 - Exercise is about progression. To receive the most benefit from your exercise, you will need to add more resistance to your machine as your body adapts to the force. When your repetitions become easier, it may be time to add more weight. Your Healthy Living Coach will talk to you more about progression during your in-person meeting.
- **Why did we choose the exercises in the Phase 2 program and not some others?**
 - The 5 Cybex brand pieces are all performed in one plane of motion. This means they only go up/down or forward/backward. Exercises that have rotation allow for more movement, but also require more stabilization that most 10-13 yr olds may not be ready for.

Next Step

- Schedule a Phase 2 meeting with a Healthy Living Coach. You may call 812.206.0688 or stop in to the Floyd County Family Y to schedule your appointment.
- You will be required to take an in-person test over the material covered in this presentation.
- During your in-person meeting, a Healthy Living Coach will take you through each piece of equipment shown in the presentation.
- Please come to the in-person meeting in exercise clothing and closed-toe, athletic shoes.

Thank You!

- Thank you for taking the time to study and learn about health and wellness.
- We look forward to seeing you for your in-person meeting and assessment.
- If you have any additional questions or concerns please contact our Healthy Living Director, Julie, at 502.206.4899 or jclaypool@ymcalouisville.org