



Teen Training Program

Level 1:

Our Level 1 program is designed to provide a solid foundation for individuals new to the gym and just starting their fitness journey. It doesn't matter your age, focusing on core stability and body awareness will set anyone up for success. This program offers a structured approach to help you build strength, improve mobility, and enhance overall physical fitness with standards coming from The National Academy of Sports Medicine (NASM).

One of the key features of our Level 1 programming is its consistency across individuals. While everyone's fitness goals may vary, the fundamental principles remain constant. This means the programming although personalized will maintain its core focus on foundational movements and techniques.

Through a combination of functional exercises, mobility drills, and core strengthening movements, our Level 1 program aims to develop a strong and stable foundation from which you can progress safely and effectively. By emphasizing proper form and alignment, we help develop body awareness and proprioception, enhancing the ability to move efficiently and reducing the risk of injury.

Level 1 programming ensures that each exercise is accessible and scalable to each individual's abilities. This allows everyone to gradually build strength, stability, and confidence in the body's capabilities.

Level 2:

It's time to build on that foundation and take your fitness journey to the next level. Level 2 is designed for beginners who are ready to increase their confidence, strength, and overall

fitness level in the gym. Level 2 of the Teen Fitness Program is designed to challenge and empower you as you continue your fitness journey. By following a structured workout plan and gradually increasing the intensity of your workouts, you'll build strength, improve endurance, and gain confidence in the gym. Remember to listen to your body, stay consistent, and celebrate your progress along the way!

Goals of Level 2:

- Develop confidence in using a wider range of gym equipment
- Build strength and muscle tone
- Enhance functional fitness and agility
- Injury Prevention

Program Structure:

Level 2 of the Teen Fitness Program is structured to gradually increase the intensity and complexity of your workouts while ensuring proper form and technique.

Here's what you can expect:

Progressive Overload: Each workout will progressively challenge your strength, endurance, and coordination. You'll start with lighter weights and simpler exercises, gradually increasing the difficulty as you gain strength and confidence.

Full-Body Training: Workouts will target all major muscle groups to ensure balanced development and functional strength. You'll engage in a variety of exercises, including compound movements like squats, deadlifts, rows, and presses, as well as isolation exercises to target specific muscles.

Cardiovascular Conditioning: In addition to strength training, you'll incorporate cardiovascular exercises to improve your endurance and burn calories. This may include running, cycling, rowing, or using the elliptical machine.

Core Strengthening: Core exercises will be integrated into your workouts to improve stability, balance, and posture. Strengthening your core muscles is essential for overall strength and injury prevention.

Injury Prevention: Our Certified Personal Trainers are skilled in identifying movement patterns to make sure athletes are training correctly to prevent injury. Our programming also includes speed, agility, and strength which aids in preventing sport-related injury.

Level 3 - SPORTS PERFORMANCE TRAINING:

Level 3 dives deeper into programming, helping individuals understand how to tailor their workouts to get closer to their objectives. Whether the goal is to build strength, improve endurance, or enhance overall fitness, level 3 will provide the guidance and tools needed to succeed. Level 3 of the Teen Fitness Program is designed to empower you with knowledge and skills. By understanding the principles of fitness programming and customizing your workouts accordingly, you'll be well on your way to achieving your fitness goals. Staying consistent, motivated, and having fun along the way are the most important principles at any level, and our trainers will instill that in every individual. Our sports-specific training is designed to help athletes take their game to the next level while keeping them healthy. Our sports-specific programming is built on a case-by-case basis as every athlete is unique and has different goals.

Goals of Level 3:

- Develop a deeper understanding of fitness programming principles
- Learn how to create and customize workout routines based on individual goals
- Gain knowledge about different training methods and techniques
- Improve overall physical fitness and performance

Program Structure:

Level 3 of the Teen Fitness Program is designed to be flexible and adaptable to your specific needs and preferences.

It consists of three main components:

Goal Setting: We'll start by helping you define clear and achievable fitness goals. Whether it's building muscle, losing fat, improving athletic performance, or enhancing overall health, setting specific goals will guide your training and keep you motivated.

Programming Principles: You'll learn about the fundamental principles of fitness programming, including progressive overload, specificity, variation, and recovery. Understanding these principles will empower you to design effective workout routines tailored to your goals.

Customized Workouts: Using the knowledge gained from goal setting and programming principles, our trainers will help create a personalized workout plan. These plans will incorporate various exercises, rep ranges, and training modalities to target muscle groups and fitness components.