

MIDDLE SCHOOL WEIGHT TRAINING CURRICULUM



Objective

To inform youth and athletes on how to use proper technique, what exercises work different muscle groups, how to avoid fitness related injuries and the importance and usefulness of this information.

Overview

At the start of each week we will focus on different areas of muscles/movements to work on. The first week is a basic overview of the information and what we will be covering along with teaching them warmups, and stretches accompanied by games. After the first week, the muscle groups are broken down into legs (squat and hinge movements), chest and shoulders (pushing movements), back (pulling movements), arms (combining pushing and pulling movements to hit the triceps and biceps). After this the following weeks focus on mobility movements for the ankle, knee, and shoulder joints as well as the hips and spine, agility and coordination movements, and then finally speed and cardio. This is the simplest way to break it down for this age group so they can best retain the information, recognize the differences in all these different types of movements, and learn how to use them in conjunction with one another.

Week 1: An overview on equipment, exercises and stretches

Week 2: Leg exercise movements

Week 3: Pushing movements (chest/shoulders focus)

Week 4: Pulling movements (back focus)

Week 5: Tie everything together with pushing and pulling movements (bicep/tricep focus)

Week 6: Mobility work

Week 7: Agility and Coordination Work

Week 8: Speed and Cardio work



Week 1: An overview on equipment, exercises and stretches

The first week will be lighter physically and more information heavy than the following weeks. This week focuses on giving the students an understanding of the types of equipment, exercises, and stretches they will be doing throughout the eight weeks. We will focus on them understanding what each piece of gym equipment is, what it does, and the type of exercises it is used for. We will also go over the types of exercises we will be doing. The students will know the difference between push, pull and leg exercises and what muscles they work, as well as what mobility, speed and agility, and cardio exercises are and how they work. Finally, we will go over different types of stretches and how they can be utilized on different parts of the body.

Equipment

- Barbells
- Dumbbells
- Kettlebells
- Cables
- Bands
- Benches

Exercises

- Push
- Pull
- Legs
- Mobility
- Speed and agility
- Cardio

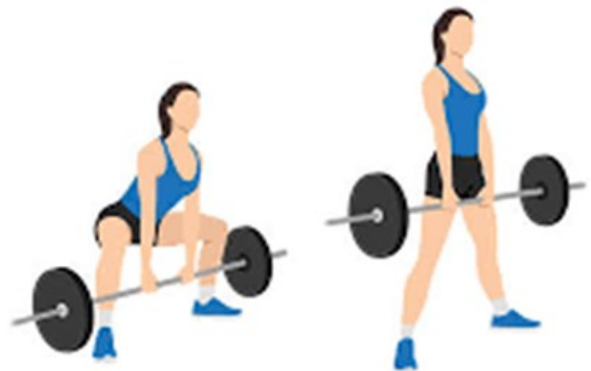
Stretches

- Chest stretches
- Back stretches
- Triceps stretches
- Shoulders stretches
- Leg stretches

Week 2: Leg Exercise Movements

This week will focus solely on the three leg exercises listed below. The students will be taught how to properly perform these exercises and what muscles each exercise works while utilizing information learned in the first week. These three exercises mainly target the hamstrings, quadriceps, and glutes.

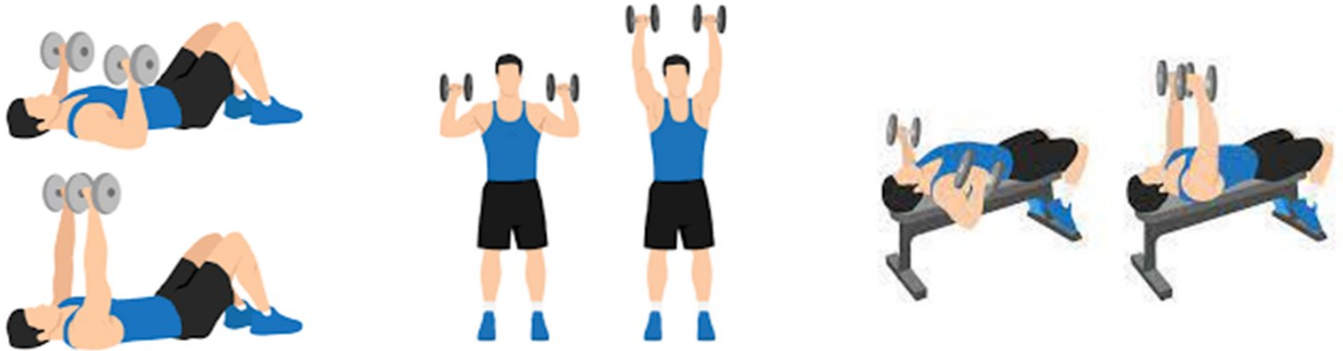
- Weighted Squats - 3x12
- Lunges - 3x12
- Romanian Deadlift - 3x12



Week 3: Pushing Movements (Chest/Shoulders Focus)

This week will focus solely on the push exercises listed below. The students will be taught how to properly perform the exercises and what muscles each exercise works while utilizing information learned in the first week. These exercises mainly target the pectorals, deltoids, and triceps.

- Chest Press - 3x12
- Shoulder Press - 3x12
- Chest Flies - 3x12



Week 4: Pulling Movements (Back Focus)

This week will focus solely on the three pull exercises listed below. The students will be taught how to properly perform the exercises and what muscles each exercise works while utilizing information learned in the first week. These exercises mainly target the latissimus dorsi, trapezius, and biceps.

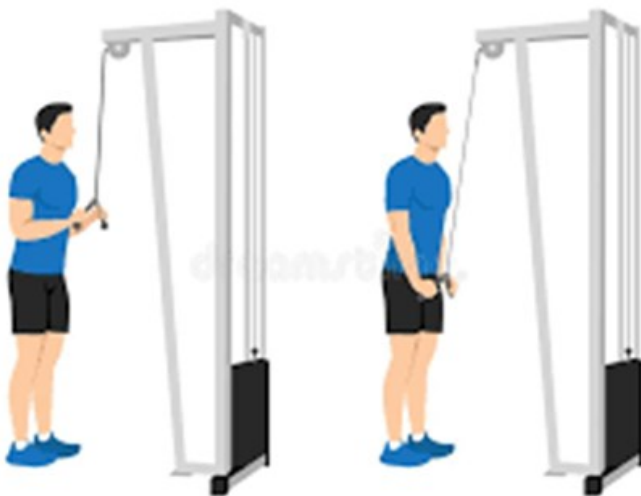
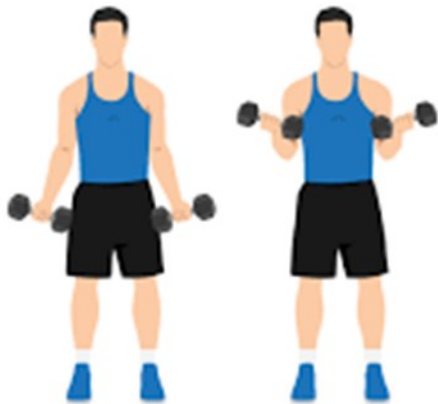
- Rows - 3x12
- Pulldowns - 3x12
- Face Pulls/Back Flies - 3x12



Week 5: Tie Everything Together with Pushing and Pulling Movements (Bicep/Tricep Focus)

This week will mainly focus on the four arm exercises listed below. This week will combine pushing and pulling exercises into one workout. The students will be taught how to properly perform the exercises and what muscles each exercise works while utilizing information learned in all the previous weeks. These exercises mainly target the biceps and triceps.

- Bicep Curls - 3x12
- Hammer Curls - 3x12
- Tricep Pushdowns - 3x12
- Tricep Kickbacks - 3x12



Week 6: Mobility Work

This week will mainly focus on the four mobility exercises listed below. This week will deviate a bit from the previous five as we will move away from the basics of push, pull, and legs, and focus on fostering mobility. The students will learn the importance and benefits of mobility, as well as mobility's importance in relation to other exercises and sports. The students will be taught how to properly perform the exercises and what muscles and movements each exercise works while utilizing information learned in all the previous weeks. These exercises mainly focus on mobility and stability of the shoulder, hip, ankle, and knee joints as well as the spine.

- Cossack Squat - 3x10
- Overhead Squat - 3x10
- Kettlebell Windmill - 3x5 (each side)
- Lateral Raises - 3x12



Week 7: Agility and Coordination Work

This week will focus mainly on the four agility and coordination exercises and drills listed below. We will also focus on the importance of agility and coordination in relation to other exercises and sports. The students will be taught how to properly perform the exercises and what muscles and movements each exercise works while utilizing information learned in all the previous weeks. These exercises mainly focus on explosiveness from both the lower and upper bodies as well as agility and coordination.

- Explosive Med Ball Throw Squats - 3x15
- Med Ball Twist Throws - 3x15 (each side)
- Karaoke Drills - 3 Rounds
- Ladder Drills - 3 Rounds



Week 8: Speed and Cardio Work

This week will mainly focus on the four speed and cardio exercises listed below. The students will be taught how to properly perform the exercises and what muscles and movements each exercise works while utilizing information learned in all the previous weeks. These exercises mainly focus on cardio and speed, as well as controlling an elevated heart rate.

- Jog/Run/Sprint
- Incline Walks
- Decline Walks
- Backwards Walks
- Cardio Games

