



TeensExercise



## 30 Minute Workout

(Use your favorite music and do it to the beat!)

It looks like fun!



**\*Always consult your physician before beginning any exercise program. Listen to your body and don't force any movements if you feel pain.**

### **Warm-up (Repeat each movement 6 times and repeat on opposite side)**

1. Take a deep breath and reach both arms above your head.
2. Turn your head to the right, center, left and back to the center.
3. Shoulder roll. Raise right shoulder up and back. Raise left shoulder up, back.
4. Raise right arm shoulder high, raise left arm, bring them together in the front .
5. Bring your knee to your chest and lower. Right, left, right, left...
6. March in place.
7. Right leg to the left and front while you bend left leg. Do the opposite leg in the other direction. Right, left, right, left...
8. Right leg to the left and back, while you bend left leg. Do the opposite leg in the other direction. Right, left, right, left...
9. Grapevine-step to the right, step left behind, right ,left, right and together .

### **Turn the Music up and Dance!**

Dance for at least 10 minutes (or 3 songs). Get your heart rate up. **Cut lose!** Add large arm and leg movements as you dance. Do the electric slide and bend and touch the floor each time. **Dance freely!** Dancing is fun and relieves stress!

### **Weight Training/ Floor Routine**

Use what you have at home or purchase 3 lb weights to start. Your form is more important than the weight. Always use good form and move slow.

**Biceps Curl**- Do two sets of 10 , pause 10 seconds in between sets.

**Triceps Curl**-Do two sets of 10 , pause 10 seconds in between sets.

**Leg lifts**-Lie flat on your side resting your head on your arm. Raise your left leg 16 times. Roll over and repeat on the other side.

**Push-ups**-Do as many as you can. Arms shoulder width apart, spread your fingers. Keep your back straight. Lower your body slowly a few inches from the floor and raise up. **To hard?** Push-up on the wall until you get stronger.

**Crunches**-lay on your back with your knees bent. Keep your elbows flat. Concentrate on using your stomach muscles to raise up. Do as many as you can.

### **Cool Down**

1. Take a deep breath and reach for the sky, bend at the waist and reach to the l left and then reach to the right. (repeat 3 times each)
2. Sit on floor with your legs crossed, bend forward (hold for 30 counts).
3. Bring the souls of your feet together and lower your knees (hold for 30 counts).
4. Sitting with your legs crossed turn to the left (twisting towards the back) and then turn to the right. (hold as long as comfortable)

**Good Job! Add activity to your day. Build up to 60 minutes a day!**