

OLIVER FOUNDATION EXERCISE PLAN

FOR AGES 9-14



Complete this exercise plan once a week beginning with Day 1, and then resting for day followed by Day 2. Then rest the next day, and then completing Day 3 of the exercise guide.

As with any exercise program, if at any point during your workout you begin to feel faint, dizzy, or have physical discomfort, you should stop immediately and consult a physician. Drink lots of water, and dress safely. This is a guide to exercising, and should not replace healthy eating, but can be used in addition.

Day 1

20 minutes of cardio (which includes sprinting, running, or walking)
3 sets of 12 lunges per leg
3 sets of 12 pushups
2 sets of wall sits for 30 seconds

Day 2

15 minute bike ride
3 sets of 12 side crunches
3 sets of side planks for the left and right side for 30 seconds
45 second front plank
3 sets of 15 hip raises

Day 3

20 minutes of cardio
3 sets of 20 sit ups
3 sets of 12 push ups
2 sets of 18 squats
2 sets of 20 mountain climbers

PLANKING, KEEP YOUR BODY FLAT



WALL SITS, TRY TO KEEP YOUR KNEES AT A 90 DEGREE ANGLE



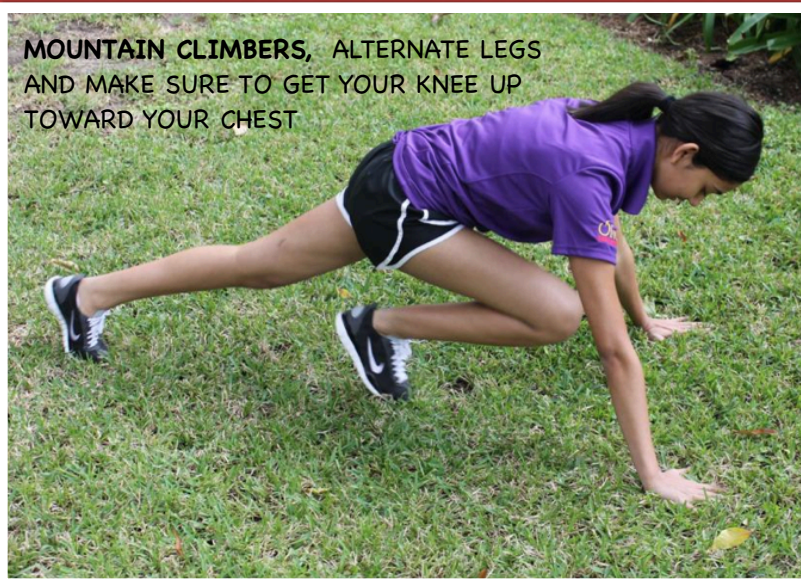
LEG LUNGES



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OLIVER FOUNDATION EXERCISE PLAN CONTINUED

MOUNTAIN CLIMBERS, ALTERNATE LEGS AND MAKE SURE TO GET YOUR KNEE UP TOWARD YOUR CHEST



CRUNCHES, REMEMBER TO KEEP YOUR CHIN DOWN



Oliver
FOUNDATION

Dedicated to the Prevention of Childhood Obesity

Make **HEALTHY CHOICES** for Life!™

Choose 5 A-Day servings of fruits & vegetables!
Have more water & less sugary beverages!
Opt for healthy snacks!
Increase active play & decrease screen time!
Choose 3 A-Day servings of low fat dairy products!
Enjoy a healthy breakfast!
Serve a smart portion size!

Make **HEALTHY CHOICES** for Life!®



SIDE PLANK, TRY TO KEEP A RIGHT ANGLE WITHIN YOUR ARM AND BODY

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Created By Oliver Foundation
Teen Advisory Board 2013