

# 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.

### Day 1

20 minute 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 30s

### Day 3

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

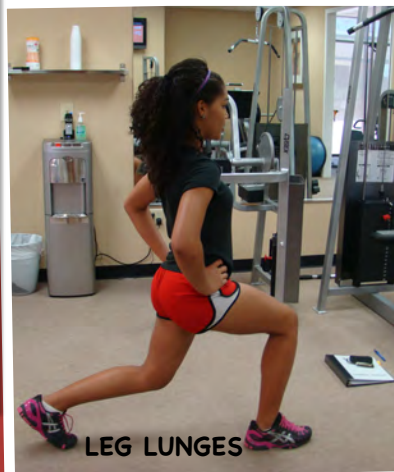
### Day 2

15 minute bike ride  
3 sets of 12 side crunches  
3 sets of right side and 3 sets of the left side planks for 30s each  
Front planks for 45s  
3 sets of 15 hip raises

**PLANKING, KEEP YOUR BODY FLAT**



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



**LEG LUNGES**

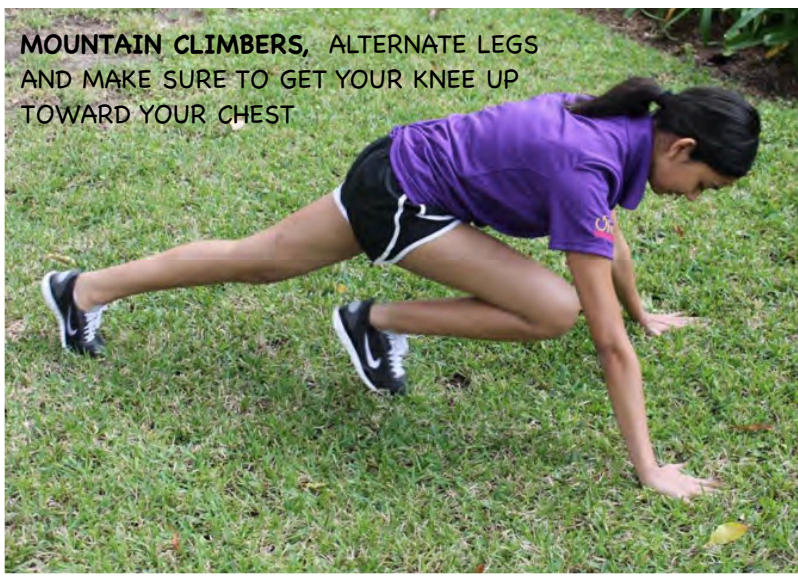


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# OLIVER FOUNDATION EXERCISE PLAN CONTINUED

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



**CRUNCHES, REMEMBER TO KEEP YOUR CHIN DOWN**



**Make HEALTHY CHOICES for Life!**



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

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