

# Youth Body Weight Exercises

*These body weight exercises are great for youth and teenagers to stay active without the use of equipment.*



**Lunges** | Keeping the upper body straight, step forward with one leg and lower the hips until the legs reach a 90 degree angle.



**Wall Sit** | With your back flat against a wall, bend your knees until they are at a 90 degree angle. (Hips in line with knees). Your back should slide down and you should look like you are in a seated position. Hold for 30 seconds.



**Arm Circles** | Stand up with your arms out by your sides. Rotate arms to make small, one-foot circles with your arms. Can be done forwards and backwards.



**Stair Jump** | Stand in front of the stairs with feet should width apart. Bend your knees to prepare to jump with both feet onto a stair. Once you jump on the stair, return to starting position.



**Bridge** | While face up and flat on the floor, bend knees and lift your hips off the ground. Hold.



**Mountain Climber** | Starting out in a push-up position, extend each leg – back and forth – until they are straight. Repeat.



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**Calf Raises** | Find a step and get your balance on its edge. Lift your heels up a few inches over the edge. Repeat.



**Tricep Dip** | Sit on the edge of a sturdy side table. Grab its edge and straighten your arms. Bend them to a 90 degree angle and then straighten again while you push your heel towards the floor.



**Bicycle Crunch** | Lie down with knees bent and hands behind the head. With the knees in toward the chest, bring the right elbow towards the left knee as the right leg straightens. Continue alternating sides.



**Superman** | Lie face down on the floor with arms extended straight out above your head. Raise your arms and legs off the floor at the same time for a few seconds. Hold. Repeat.

