

Teen Body Weight Exercises

These body weight exercises are great for 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.

Teen Machine Guide

Below are examples of machines that are open for use after completion of the Teen Fitness Orientation.

Chest Press



Leg Curl



Leg Press



Seated Row



Treadmill & Elliptical Screens



Things to always remember while working out in the fitness center

- Safety First!
- Incorporate low weight, high repetitions (10-15). Be smart!
- Do not slam weights, place them gently on the floor or back on the rack
- Wipe down equipment with wipes
- Clean up equipment - put everything back in its correct place
- Dress Code
 - Closed toed shoes
 - Entire torso must be covered
 - Appropriate cut offs-may not show chest
- Limit time and cell phone use on machines