BODYWEIGHT + TECHNIQUE

AGES 9 TO 11

MASTER YOUR OWN BODY.

WHAT IT LOOKS LIKE

Squats, lunges, push-ups, planks, glute bridges, pull-up progressions and light medicine ball throws. A broomstick to learn lift patterns.

THE GOAL

Clean technique and control on every rep. This is where good habits get built.

THE RULE

Own the movement before you load it.