



YOUTH SUPER CIRCUIT PROGRAM

This circuit training program is recommended to help young athletes from 13 to 17 years old stay active and fit between seasons.

PROGRAM GOALS

- Improve performance, strength, balance and coordination
- Learn and understand body awareness
- Focus on proper mechanics and gain the knowledge to do the exercises correctly and safely

INSTRUCTIONS

Super Circuits can be very effective if you have everything ready to go before you start. Fortunately, for this program, there are no reps to count and minimal equipment is needed. All workouts are based on performing exercises for a set amount of time, with a set amount of rest between each exercise.

Each Super Circuit workout in this program is performance-based. The selected exercises work five key areas needed to improve athletic performance: core, lower-body strength, upper-body strength, explosive power and cardio. Every Super Circuit is meant to be done three days per week, ideally with a day of rest between each day of exercise.

 WATCH INTRO VIDEO

Each week includes the following components:

WARMUP

Start every workout with a three- to four-minute warmup. Athletes can choose their favorite warmup routine or use the one provided.

DAY 1 – LEARN IT

The first day focuses on helping athletes learn the workout and practice proper technique by doing shorter “work” intervals. Athletes should perform each exercise for 45 seconds with a 20-second rest between exercises. Start with core exercise for 45 seconds, rest for 20, and then do the lower-body exercise for 45 seconds and rest for 20. Next is upper-body, explosive power and cardio (always in that order). Once all five exercises are done, the first round is complete. Complete two more rounds.

DAY 2 – MASTER IT

On the second day, athletes will master the workout by performing each exercise for slightly longer 60-second periods with 30-second rests between. The movements will be familiar to them, so they can incorporate more speed and/or explosive power. Again, athletes should do three full rounds of all five exercises.

DAY 3 – CRUSH IT

It's time to CRUSH the workout! Day three asks for maximum effort from the young athlete. This is where they perform each exercise for 90 full seconds with 30-second rests between. To push them to their limits, athletes should do three full rounds of all five exercises.

POKER FINISHER

Once the first three rounds are complete, don't forget the “Poker Finisher.” This fun finish gives young athletes one more key exercise to do while fatigued, helping take their performance to the next level. Consulting with the weekly charts, the young athlete should pick a card from a standard deck. The suit will tell them which exercise to perform, and the number will tell them how many times to do it. All face cards are 10 reps, aces are 11 reps and a joker is a wild card. When they pick a joker, they may choose any one of the four exercises to do and perform five reps of that exercise.

COOLDOWN

Cooldown is essential for getting your young athlete ready for their next workout. Recovery and strength-building happen when athletes take the proper time to stretch and cooldown. Foam rolling can aid in recovery, as can static stretching when each stretch is held for a minimum of 30 seconds. A few minutes of stretching is all it takes, though the more the better.

Once all three days of Super Circuit 1 are done, your young athlete is ready to advance to the next Super Circuit workout. To ensure proper progression, it is important to perform each day and week in the correct order.

FAQS

How fast/how many reps should I do for each exercise?

The tempo and speed of the exercises should be controlled, and the athlete should have “explosiveness” where it applies. They should do as many reps as possible in the allotted time each day without sacrificing good form. If form begins to suffer, pause and reset before continuing.

How can I track progress?

A couple of simple ways to track progress include counting weekly reps and videotaping workouts. Track reps by counting how many reps of a certain exercise (for example, push-ups) the athlete can get done in the first week and then check again after the fourth week. You can also videotape their exercise technique during the first week's workouts and then check again after the fourth week. Note how much better things look, and don't be afraid to note what they can still correct.

SUPER CIRCUIT 1

Before beginning each week, watch the Super Circuit video with your athlete to see what's expected and review proper exercise form.

 WATCH WEEK 1 VIDEO

SUPPLIES NEEDED

- Towel, jump rope or tape for lateral line jumps
- Standard deck of 52 playing cards
- Timer

WARMUP

Athletes should do each movement for 30–40 seconds.

- 1) Run in place
- 2) Arm circles (large and small, forward and backward)
- 3) Squats
- 4) Body hugs
- 5) Trunk twists
- 6) Lateral lunges

WORKOUT

AREA OF FOCUS	EXERCISE	DAY 1 LEARN IT	DAY 2 MASTER IT	DAY 3 CRUSH IT
Core	Planks	45 seconds work / 20 seconds rest	60 seconds work / 30 seconds rest	90 seconds work / 30 seconds rest
Lower-body Strength	Reverse Lunge Twists			
Upper-body Strength	Push-ups			
Explosive Power	Squat Jumps	Perform 3 rounds	Perform 3 rounds	Perform 3 rounds
Cardio	Line Hops			

POKER FINISHER

SUIT	EXERCISE
♥ Hearts	Push-ups
♦ Diamonds	Squat Jumps
♣ Clubs	Burpees
♠ Spades	Split Jumps

COOLDOWN

Athletes should hold each stretch for at least 30 seconds.

- 1) Kneeling hip flexor stretch to hamstring stretch
- 2) Standing hip and calf stretch
- 3) Triceps stretch
- 4) Standing quad stretch

Please consult with your doctor before performing physical activity and avoid any contraindicated movements. **WARNING:** Injuries to health may result from incorrect or excessive training. If you experience chest pain, nausea, dizziness or shortness of breath, **STOP** exercising immediately and consult a physician before continuing.

SUPER CIRCUIT 2

Before beginning each week, watch the Super Circuit video with your athlete to see what's expected and review proper exercise form.

[▶ WATCH WEEK 2 VIDEO](#)

SUPPLIES NEEDED

- A stable chair or bench for tricep dips
- Standard deck of 52 playing cards
- Timer

WARMUP

Athletes should do each movement for 30–40 seconds.

- 1) Run in place
- 2) Arm circles (large and small, forward and backward)
- 3) Squats
- 4) Body hugs
- 5) Trunk twists
- 6) Lateral lunges

WORKOUT

AREA OF FOCUS	EXERCISE	DAY 1 LEARN IT	DAY 2 MASTER IT	DAY 3 CRUSH IT
Core	Bird Dogs	45 seconds work / 20 seconds rest	60 seconds work / 30 seconds rest	90 seconds work / 30 seconds rest
Lower-body Strength	Prone Squats			
Upper-body Strength	Cobras			
Explosive Power	Skater Hops	Perform 3 rounds	Perform 3 rounds	Perform 3 rounds
Cardio	Butt Kicks			

POKER FINISHER

SUIT	EXERCISE
♥ Hearts	Tricep Dips
♦ Diamonds	Prone Squats
♣ Clubs	Double Mountain Climbers
♠ Spades	Plank Up / Downs

COOLDOWN

Athletes should hold each stretch for at least 30 seconds.

- 1) Kneeling hip flexor stretch to hamstring stretch
- 2) Standing hip and calf stretch
- 3) Triceps stretch
- 4) Standing quad stretch

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SUPER CIRCUIT 3

Before beginning each week, watch the Super Circuit video with your athlete to see what's expected and review proper exercise form.

 WATCH WEEK 3 VIDEO

SUPPLIES NEEDED

- A stable chair or bench for tricep dips
- Standard deck of 52 playing cards
- Timer

WARMUP

Athletes should do each movement for 30–40 seconds.

- 1) Run in place
- 2) Arm circles (large and small, forward and backward)
- 3) Squats
- 4) Body hugs
- 5) Trunk twists
- 6) Lateral lunges

WORKOUT

AREA OF FOCUS	EXERCISE	DAY 1 LEARN IT	DAY 2 MASTER IT	DAY 3 CRUSH IT
Core	Floor Crunches	45 seconds work / 20 seconds rest	60 seconds work / 30 seconds rest	90 seconds work / 30 seconds rest
Lower-body Strength	Alternating Single-leg Glute Bridges			
Upper-body Strength	Tricep Dips			
Explosive Power	Frog Hops	Perform 3 rounds	Perform 3 rounds	Perform 3 rounds
Cardio	Multi-Directional Jacks			

POKER FINISHER

SUIT	EXERCISE
♥ Hearts	Burpees
♦ Diamonds	Push-ups
♣ Clubs	Shoulder Taps
♠ Spades	Skater Hops

COOLDOWN

Athletes should hold each stretch for at least 30 seconds.

- 1) Kneeling hip flexor stretch to hamstring stretch
- 2) Standing hip and calf stretch
- 3) Triceps stretch
- 4) Standing quad stretch

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SUPER CIRCUIT 4

Before beginning each week, watch the Super Circuit video with your athlete to see what's expected and review proper exercise form.

 WATCH WEEK 4 VIDEO

SUPPLIES NEEDED

- Jump rope (if available)
- Standard deck of 52 playing cards
- Timer

WARMUP





Athletes should do each movement for 30–40 seconds.

- 1) Run in place
- 2) Arm circles (large and small, forward and backward)
- 3) Squats
- 4) Body hugs
- 5) Trunk twists
- 6) Lateral lunges

WORKOUT

AREA OF FOCUS	EXERCISE	DAY 1 LEARN IT	DAY 2 MASTER IT	DAY 3 CRUSH IT
Core	Shoulder Taps	45 seconds work / 20 seconds rest	60 seconds work / 30 seconds rest	90 seconds work / 30 seconds rest
Lower-body Strength	Split Squats			
Upper-body Strength	Push-up Openers			
Explosive Power	Burpees	Perform 3 rounds	Perform 3 rounds	Perform 3 rounds
Cardio	Jump Rope (simulate, if needed)			

POKER FINISHER

SUIT	EXERCISE
 Hearts	Drop Squats
 Diamonds	Prone Squat Push-ups
 Clubs	Frog Hops
 Spades	Tuck Jump

COOLDOWN

Athletes should hold each stretch for at least 30 seconds.

- 1) Kneeling hip flexor stretch to hamstring stretch
- 2) Standing hip and calf stretch
- 3) Triceps stretch
- 4) Standing quad stretch

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