



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

YMCA F.A.S.T. PROGRAM

Fit Adolescents Safely Training

A Program Manual for
Youth Exercise,
Basic Exercise Guidelines and
Resistance Training Principles

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COURSE OVERVIEW

Youth fitness at the YMCA of Austin is a multi-dimensional course that teaches youth ages 12-15 the importance of basic exercise guidelines, gym etiquette, and safety. The course's main focus is to provide a safe, non-competitive, and inviting gym-learning experience for today's diverse group of children. With today's staggering child obesity statistics, reduced P.E. requirements in the educational system, and the rise in youth sports programs, children need to be taught safe, active, and healthy lifestyles, more so now, than in the past. An influential impact needs to be addressed to bridge the gap between children who are sedentary and those who have a misguided athletic promise.

YMCA of Austin has revised and streamlined the YMCA F.A.S.T. (Fit Adolescents Safety Training) program at the Hays Communities and TownLake YMCA branches as the FAST 2.0 Program to allow youth members to access the program at his/her pace and according to his/her schedule.

The F.A.S.T. 2.0 program teaches youth (ages 12-15) how to work out safely in the fitness center. Parents/youth will both benefit from this program in several ways:

- Youth ages (12-15) will be able to work out in the fitness center, without parental supervision throughout all YMCA of Austin branches.
- The program provides a non-competitive teaching experience for youth, who may not participate in sports, but want to work out in a fitness center.
- The program provides for a measure of education, security, and safety concerns for the parents, the youth, and the YMCA as a whole.
- Enables youth, at an early age, to gain good habits toward a healthy lifestyle.

PROGRAM OUTLINE

The F.A.S.T. 2.0 program includes a home study manual with video, on-line written exam and in-person practical exam. The following information can be accessed on the YMCA of Austin web site at www.austinyymca.org:

- FAST 2.0 Manual
- FAST Videos
- FAST Online Exam

PROGRAM COMPLETION

The online exam includes a basic proficiency of the information learned in the home study portion and is taken on the honor system without notes or the FAST manual. A passing score of 75% or high is required before the practical exam will be scheduled. Upon passing the online exam, the youth member will be contacted within 3-5 days to schedule a time for the practical exam. This is where the youth member will demonstrate proper usage of all the fitness equipment covered in the home study and video. The practical exam is graded as pass or fail.

A Youth Waiver must be signed by the parent and on file at the Welcome Center before taking the practical exam. Upon passing both exams, the youth member will be given a lanyard or wrist band to wear showing access to the fitness center at their home YMCA as well as all other YMCA of Austin branches.

PARENT ACKNOWLEDGEMENT

Attention Parents: Please read and sign at the bottom

TESTING FOR PROFICIENCY

The F.A.S.T. 2.0 Program exam involves testing the knowledge and fundamental skills of the students who wish to be granted fitness center privileges.

The two-part test is primarily a multiple-choice test that reiterates the information that the students have learned. In the online exam, students must show that they understand basic muscle anatomy, basic exercise guidelines, and what muscles they work during various exercises.

In the practical exam, an instructor individually tests each student in the fitness center. Students must be able to show safe gym etiquette and applied knowledge of both machine and free-weight exercises. The practical exam is the most critical part to the testing process.

***Passing the practical exam is solely based on the instructor's evaluation of the student's knowledge.**

SPECIAL TESTING CONCERNS:

The point of the course is to show proficiency in the fitness center, not just on the paper solely. For example, a student may get a 100% on the written exam correct, but fail the practical exam. Unfortunately, the student may not receive an overall passing grade due to lack of applied knowledge and safety concerns. If a student fails the course, the student may be given an additional week to study and re-take the online or practical exam.

Parent initial: _____

Future Feedback

The F.A.S.T. 2.0 Program provides a foundation of knowledge that kids may use for future fitness goals, motivational skills, discipline, and other aspects of life. Once completing and passing the course, current youth fitness participants are encouraged to continue taking the course on an annual basis. In addition to the course, participants are also encouraged to get involved in other YMCA programs, such as YMCA teen clubs, sports, and youth programs. It will help the participants continue to grow, understand, and achieve various fitness goals, positive feedback on life, and lead an overall healthier lifestyle.

Parent's signature: _____ Date: _____

FITNESS TERMINOLOGY

Repetitions/ Reps	The number of movements through a full range of motion (ROM) of an exercise.
Sets	The group or series of repetitions conducted during an exercise.
Static Stretching	Stretching muscles with a consistent hold position.
Ballistic Stretching	Stretching muscles with a bouncy or inconsistent hold position. <i>(This type of stretching should be avoided.)</i>
Muscular Balance	Equal working of opposing muscle groups or equal working of both sides of the body. For example, chest/back or right arm/left arm.
One Rep Max (1RM)	The maximum weight at which you can complete an exercise with a full range of motion one time.
Endurance Training	Muscular endurance training is best for athletes who repeat a movement over and over such as runners, cyclists, or rowers. Endurance training consists of 15-20 reps or more at a controlled speed for 1-3 sets at 40-60% of your one rep max. Endurance training has shorter periods of rest.
Strength Training	This type of training is for people who want to improve absolute strength. Muscular strength training consists of 1-8 reps for 3-5 sets of 75-85% of your 1RM. This type of training requires longer rest periods between sets.
Hypertrophy	Muscle hypertrophy is best for people who want to build lean muscle and reduce fat. Hypertrophy consists of 8-12 reps for 2-3 sets at 60-75% of your one rep max. Hypertrophy is the most common type of training and is best for the average adult and for weight loss clients. Hypertrophy includes a 1-2 minute rest between sets.
Opposing muscles	Opposing muscles are muscles that work together to help your body move efficiently. You must work out both muscles in order to have balanced muscle groups, to become stronger, and to avoid injury and/or chronic pain.

DIRECTIONAL TERMS

Anterior	Refers to the front portion of the body or muscle origin.
Posterior	Refers to the back side of the body or muscle origin.
Lateral	Refers to a movement that extends to the side of the body.
Medial	Refers to the middle portion of the body or muscle origin.

BASIC EXERCISE GUIDELINES

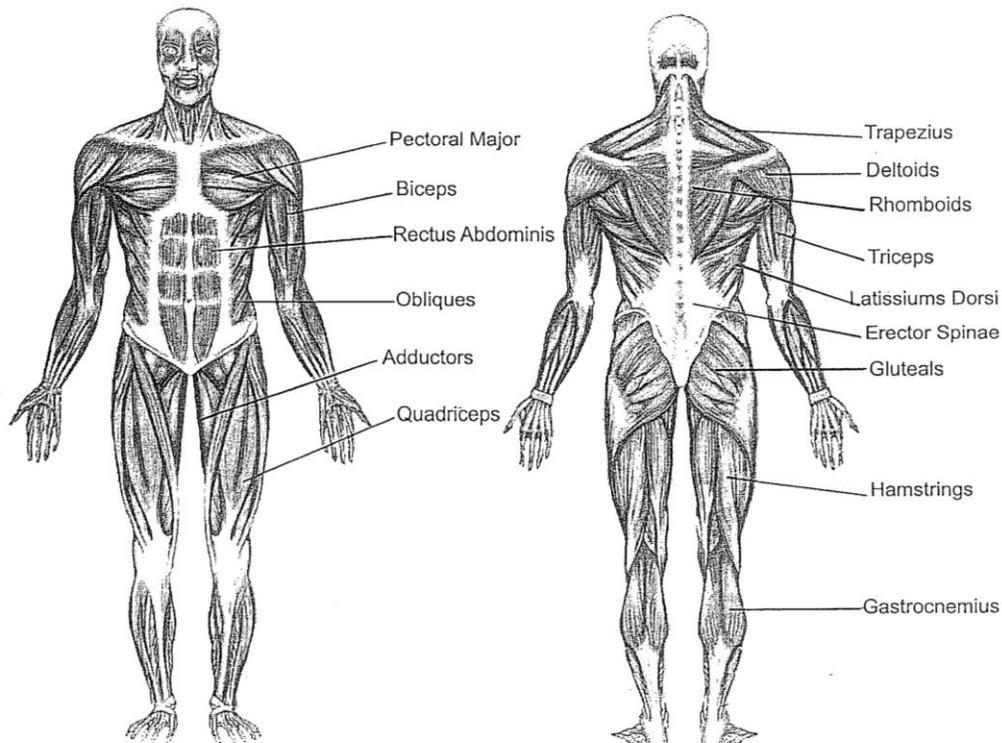
The key components of fitness include: cardiovascular, muscular strength, muscular endurance, flexibility and body composition.

Warm-Up	Use cardiovascular equipment or aerobic exercise to warm muscles and break a slight sweat. Duration is 5-10 minutes prior to exercise.
Cardiovascular Training	<p>Recommended 3-5 times per week, minimum of 15-60 minutes per workout to see improvement. Exercise is performed at 60-80% of maximum heart rate</p> <ul style="list-style-type: none"> ○ Heart rate calculation: $\{(220 - [\text{your age}]) \times 0.6 \text{ or } 0.8\}$ example: $220 - 14 = 206 \times 0.6 = 123.6 \text{ bpm}$ ○ Find your heart rate range: <ul style="list-style-type: none"> ▪ $(220 - \underline{\quad}) \times 0.6 = \underline{\quad} \text{ bpm}$ ▪ $(220 - \underline{\quad}) \times 0.8 = \underline{\quad} \text{ bpm}$
Resistance Training	In order to see improvement, exercises should be done 2-3 times per week. For general muscular improvement, 2-3 sets per exercise, 8-15 repetitions per set. Work larger muscles before smaller muscles (i.e. chest before arms). Use slow and controlled speed during movements. Be sure to give muscles 48 hours to recover before working them again
Flexibility Training	Always warm up before stretching to prevent injury. It is recommended 4-7 times per week to see improvements. Perform light static stretching (hold stretch for 30 seconds) for all major muscle groups.

MUSCLE IDENTIFICATION

Identify the major muscles of the body. Must be able to show and label for the exam. The major muscles are as follows:

- Quadriceps – Front thigh
- Hamstrings – Back thigh
- Rectus Abdominis – Front abdominals
- Gluteals – Bottom
- Erector Spinae – Low back
- Pectoralis Major – Chest
- Latissimus Dorsi – Upper back (V-shape)
- Deltoids – Shoulders
- Triceps – Back of the Arm
- Biceps – Front of the Arm
- Adductors – Inner thighs
- Abductors – Outer thighs
- Trapezius – Back of Neck
- Obliques – Side Abdominals
- Gastrocnemius – Calf
- Rhomboids – Middle of Back between shoulder blades



MUSCLES AND EXERCISES: UPPER BODY

Pectoralis Major – Chest muscles

- Pushups (bodyweight)
- Bench press (free weight)
- Chest Press (weight machine)

Latissimus Dorsi – Upper back (v-shape)

- Pull up (bodyweight)
- Lateral side bend (free weight)
- Lat pull down (machine)

Deltoids – Shoulders

- Reverse burpees (bodyweight)
- Overhead dumbbell press (free weight)
- Shoulder press or deltoid fly (machines)

Biceps – Anterior Upper Arm

- Chin ups (bodyweight), TRX bicep curls (bodyweight)
- Dumbbell bicep curls (free weight)
- Bicep curl (machine)

Triceps – Posterior Upper Arm

- Tricep pushups/diamond pushups (bodyweight)
- Tricep kickbacks (free weight)
- Rope pull down or tricep push down (machine or cable)

MUSCLES AND EXERCISES: LOWER BODY

Quadriceps – Front of the Thigh

- Bodyweight squat (bodyweight)
- Barbell squat (free weight)
- Leg press (machine)

Hamstrings – Back of the Thigh

- Hip bridge (bodyweight)
- Dumbbell forward lunge (free weight)
- Hamstring curl (machine)

Glutes – Bottom

- Bodyweight sumo squat (bodyweight)
- Barbell dead lift (free weight)
- Stairmaster (machine)

Adductors – Inner Thighs

- Lateral box step ups (bodyweight)
- Resistance band monster walk (free weight)
- Hip adductor (machine)

Abductors – Outer Thighs

- Sideways leg lifts (bodyweight)
- Dumbbell lateral lunge (free weight)
- Hip abductor (machine)

SELECTORIZED MACHINES

Watch the video to see proper setup and execution of each selectorized machine. Memorize the list of machines and the main muscles for each exercise. Machines listed below are covered on the exam:

Leg press – Quadriceps, Hamstrings, and Gluteals

Shoulder press – Deltoids

Seated Row – Rhomboids and Latissimus Dorsi

Chest press – Pectorals

Leg Extension – Quadriceps

Leg Curls – Hamstrings

Hip Adduction – Adductors (Inner thigh)

Hip Abduction – Abductors (Outer thigh)

Lat pulldown – Latissimus Dorsi

Abdominal Crunch – Rectus Abdominis

Back Extension – Spinal Erectors/ Erector Spinae

Tricep Extension or Press – Triceps

Arm/Bicep curls – Biceps

IMPORTANT REMINDERS

Exercising through a full range of motion (ROM) enhances strength and flexibility, as well as helps prevent injury.

Abdominal and other core muscles are used each time that you do an exercise. Condition them to help prevent instability and injury. Conditioning the abdominals last helps prevent instability and injury. You don't want to fatigue your core muscles first before the rest of the workout.

When you breathe in, your body takes in oxygen. When you exhale your body gets rid of carbon dioxide. Your muscles use oxygen as fuel to function; be sure to breathe during all exercise components for a safe and effective workout.

Get plenty of rest to help your body recover and grow strong; give your body 48 hours between resistance training/weight training workouts (i.e. if you lift on Monday, wait until Wednesday).

Drink lots of water to keep your body hydrated, flush toxins, lubricate joints, and keep muscles flexible. Water will help fuel you during your workouts and it helps maintain your body functions and operating systems while you are not working out.

Eat healthy meals and snacks throughout the day to help fuel your workouts. Avoid junk food! Fruits, vegetables, whole grains, lean meat, and healthy fats will keep you strong and energized. (see image below for tips or visit www.choosemyplate.gov)



FITNESS CENTER ETIQUETTE

Respect is one of the YMCA's core values. Fitness etiquette is a code of behavior to help us respect the fitness equipment, and the other people in the gym when you are working out. Fitness Etiquette is important to maintain a healthy and safe environment for everyone.

RE-RACKING YOUR WEIGHTS

It is important to re-rack your weights in the correct place, so other members can find them. If you leave your weights out without re-racking them, someone could trip on them and hurt themselves.

CLEANING YOUR EQUIPMENT

After using a machine, you should spray down all of the areas that your hands and/or body touch. Cleaning your machine after each use reduces the spread of disease and keeps you healthy!

THROW AWAY YOUR PAPER TOWELS

After you clean your machine, make sure to throw away the used paper towels and any other trash you may have. Cleaning up your trash is a way of respecting others and keeping our facility clean for everyone.

GRAB A STAFF MEMBER

If you notice that a machine is broken, let a YMCA staff member know. The faster we know about broken equipment, the faster we can fix it!

NO CELL PHONE USE IN THE FITNESS CENTER

Talking on your cell phone in the gym is distracting to others and is not a way of respecting the common space. If you need to use your cell phone, step outside to make a call.

DO NOT DROP YOUR WEIGHTS

Dropping your weights is loud and disruptive. It also can be unsafe. Our facility does not have the proper equipment for dropping weights. Please set your weights down in a controlled and quiet manner.

YMCA CORE VALUES

The YMCA core values are honesty, respect, responsibility, caring and faith. All members are expected to use these core values while using the fitness center. Youth members that do not follow fitness center etiquette and use the core values, can lose their fitness center privileges.