PRINTABLES GENIUS SHEET

OUR PRINTABLES ARE TRIED AND TRUE AND BUILT BY PARENTS IN THE THICK OF RAISING KIDS.

We've kept them simple, so you can add your own personal tweaks, and tailor them to your life.

Life with kids is like a constant update, so print them out as many times as you need to change the plan. There's no need to squish in new info and cross old stuff out.

Try these genius tips:

1. Use different coloured pens for different kids if you need to combine everyone on a single chart. Consider following these colours through to everything else (lunchboxes, drink bottles, bags, name tags).

2. Print several at a time and staple/clip together so you have a fresh chart when needed, and you have the old one still there to refer to.

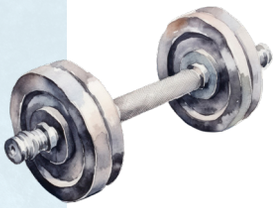
3. Laminate and use a wipeable pen if you need to tick or regularly add your own scribbles to the chart. Handy too for minor tweaks.

4. Establish a "family command centre" to stick up your printables. This way everyone knows where to find the info.

Different ways to display your charts:

- Magnets on the fridge or magnetised board.
- Pegs on string or wire.
- Pins on a pin board.
- Velcro dots on a wall, fabric board, or a carpet square on the wall.
- Use picture frames on the wall and pop your charts into these.
- Think transportable, and slip charts into clear plastic folders and keep a neat stack on your command centre, office, or somewhere visible on the kitchen bench.
- Using a photo album, create a chart book. Make sure everyone can access it when they need to. Make your book look beautiful and easy to spot.

STRENGTH TRAINING PROGRAMME *for kids*



Here is an example of an exercise programme for an 8-, 12-, 15-, and 18-year-old. Please note, this is only a snapshot of what one day could look like, and not a comprehensive programme to follow.

AGE	EXERCISE	SETS	REPS	WEIGHTS
8	Squat	3	15	Bodyweight
	Forward lunge	3	10 each leg	Bodyweight
	Push-up	3	10	Bodyweight
	Dumbbell curl	3	12 each arm	Light resistance
	Crunch	3	15	Bodyweight
12	Dumbbell squat	3	10	Light resistance
	Dumbbell reverse lunge	4	8 each leg	Light resistance
	Dumbbell bench press	4	8	Bodyweight
	Inverted row	3	10	Light resistance
	Dumbbell crunch	3	10	Light resistance
15	Barbell back squat	5	5	Moderate resistance
	Dumbbell walking lunge	4	8 each leg	Moderate resistance
	Dumbbell overhead press	3	6	Moderate resistance
	Pull-up	3	8	Bodyweight
	Plank hold	3	20 seconds	Bodyweight
18	Barbell deadlift	5	5	Mod-heavy resistance
	Dumbbell step-up	4	8 each leg	Moderate resistance
	Barbell bench press	5	5	Mod-heavy resistance
	Dumbbell bent-over row	3	10	Moderate resistance
	Weighted plank hold	3	20 seconds	Moderate resistance

SOURCE: ZACHARY GILLEN

TOTS TO TEENS
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