

Middle School Weightlifting Club Curriculum

Hosted by Crivitz Youth Inc. Community Center

Program Goals

- Build foundational strength and movement literacy
- Introduce safe, supervised use of weight machines
- Improve core stability, balance, posture, and muscular endurance
- Promote confidence, discipline, and respect for exercise
- Foster teamwork, accountability, and healthy habits for life

Each session runs for 60 minutes. The group may be divided due to space constraints into 2 pods of 6 students:

1. Weight Room (Machines & Instruction)
 - Focused, instructor-led station work using resistance machines
 - 2–3 machines per week, customized to student ability and body size
 - Students track reps, sets, and effort levels on a worksheet
2. Multi-Purpose Room (Functional Movement & Core)
 - Circuit-based or team format
 - Activities include planks, lunges, BOSU work, balance drills, med ball throws

After 30 minutes, pods rotate.

The instructor remains in the weight room; a support staff or trained helper supervises the circuit space.

Machine Use Overview

Machine	Focus Area
Leg Press	Lower body
Leg Curl/Extension	Hamstrings/Quads
Lat Pulldown	Back & biceps
Seated Row	Mid-back/posture
Chest Press	Chest/triceps
Shoulder Press	Shoulders/upper body
Cable Machine	Core + arms

Weekly Curriculum Breakdown

Week 1: Orientation & Bodyweight Basics Learn club rules, safety, posture Learn: Squat, hinge, push-up form Machines: Leg Press + Chest Press Card setup + first strength log	Week 2: Lower Body Strength Learn: Lunge progressions, glute bridge Machines: Leg Curl + Leg Extension Balance drills in circuit stations
Week 3: Upper Body & Posture Learn: Wall pushups, band pulls Machines: Lat Pulldown + Seated Row Core + BOSU station in circuit	Week 4: Core, Rotation & Coordination Learn: Plank variations, rotation work Machines: Shoulder Press + Cable Circuit: Ball toss, balance holds, reaction drills
Week 5: Full Body Review Circuit Combine machine + floor movements Stations: 2 weight room + 4 movement-based Self-score effort + form on personal cards	Week 6: Challenge Week & Celebration Warm-up relay or mobility game Friendly “test your form” stations Awards Progress card summary with instructor notes

Safety Considerations

1. Machines adjusted before every use
2. Instructor always supervises weight room
3. Students must ask before increasing weight
4. Focus is always technique first, resistance second
5. No competitive lifting
6. Emphasis on hydration, listening to your body, and recovery