

2017, Fair Lawn, NJ

*Speed and
Strength
Summit*

 **PARISI**
SPEED SCHOOL





Body Weight Training for Youth Athletes

Joseph Virga

Master Trainer

Parisi Speed School San Diego





Is Strength Training Safe for My Youth Athlete???



Strength training for kids? You bet! Done properly, strength training offers many benefits to young athletes.

Mayo Clinic





Strength training, not weightlifting

Our Job is to Educate our
Parents on the benefits of
Proper Strength Training







LETS GET TO WORK!!!





Using TRX Training in your Program

TRX Regressions

- Plank
- Row
- Push
- Squat
- Hinge
- Split Squat /
Lunge
- Press

TRX Progressions

- Plank
- Low Row
- Push Up
- Squat
- Lunge
- Fly Variations

TRX for Advanced Athletes

- Inverted Row
- Push Up
- Sprinter Start
- Over Head Squat
- Hamstring Curls
- Hip Abduction
- Single Leg Squat
- Lunge
- Planks

TRX for Mobility

- Sand Angels
- Long Torso
- Low Back
- Kneeling Hip Flexor
- Chest Stretch
- Over Head Squat
- Figure 4
- Upper Back





