

TEEN STRENGTH

A 6 WEEK PROGRAMME FOR 14 TO 17 YEAR OLDS

What it is

Six Saturday mornings where your teenager learns how a gym actually works. How to warm up, how to use every machine, how to lift a barbell safely, how to put a session together, and how to train on their own by the end.

It is not six weeks of fitness classes. Each week builds on the last. Week one they can't walk in and do week six.

It is not a weight loss programme. The aim is strength, confidence and being active. Getting stronger is the focus. Feeling comfortable in a gym is the result.

The details

WHEN	Saturdays, 10:30am. Six weeks from Saturday 7 November to Saturday 12 December.
WHERE	JDD Fitness Centre, 21 High Street, Maltby.
WHO	Ages 14 to 17. Boys and girls. No experience needed. Capped at 10 places.
WHO RUNS IT	Josh Drake. Gym owner, BSc Sport and Exercise Science, Level 3 PT, DBS checked, fully insured for under 18s.
PRICE	£64.99 for the six weeks, first intake price. Normally £89.99. Paid up front, sessions can't be swapped or refunded.
PARENTS	You can train next door in the Hub while they're in. £5 a session if you're not a member, pay on the day.

Message TEEN on Facebook or Instagram, or WhatsApp 07519 668865

Week by week

1 — HOW A GYM WORKS
Warm up properly. The machines, what they do and how to set them up. Gym manners. Nobody looks silly here.

2 — PUSH AND PULL
Chest, back and shoulders. Dumbbells, cables and machines. Good form before any weight goes on.

3 — LEGS
Squats, lunges, leg press. Why strong legs matter for every sport they play.

4 — THE BARBELL
Deadlift and squat with a bar. Coached one at a time. This is the week they feel like they belong.

5 — PUTTING IT TOGETHER
Building their own session. Sets, reps, when to add weight, when to rest.

6 — ON THEIR OWN
They run their own session with us watching. Certificate, photo, and a plan to carry on.

Questions parents ask

Is lifting weights safe for teenagers?
Yes, when it's coached properly. Light weights, perfect form, no maxing out. That's what the six weeks are for.

What if they've never been in a gym?
Perfect. Most of the group won't have. Week one starts from zero.

What do they bring?
Trainers, comfy clothes, a water bottle. That's it.

Getting home
Drop off and collection is down to you. If you're running late, they stay with me until you arrive.

Can I watch?
First session, yes. After that, train next door or grab a coffee. They do better without an audience.

TO BOOK: MESSAGE TEEN · STARTS SATURDAY 7 NOVEMBER, 10:30AM