



Youth Training Block

From Couch To Confidence



UNBOUND ATHLETIC

Get **Your** Kids
Off the
iPad
and Into
Health **&** Fitness!

\$120

4 WEEKS



ONLY 10 SPOTS

AGE:
8-11 OR 11-14

Overview

This 4-week program is designed to engage youth in health and fitness, targeting two specific age brackets: 8-11 and 11-14.

The program aims to develop motor skills, enhance physical fitness, and build confidence in a fun and supportive environment.

The journey begins with an initial screening session, including an in-body scan for health assessment and a mechanics and fitness evaluation. The following three weeks focus on development through structured activities and guided sessions.



Program Breakdown

Week 1

Initial Screening Session

- In-body scan for a comprehensive health assessment.
- Initial mechanics and fitness sessions to evaluate current fitness levels and movement patterns.



Program Breakdown

Weeks 2-4

Development and Fun

- **Motor Skills Development:** Activities designed to improve coordination, balance, and agility.
- **Physical Fitness:** Fun workouts that include bodyweight exercises, light resistance training, and cardio activities.
- **Confidence Building:** Games and challenges to boost self-esteem and encourage teamwork.



Youth Food Guide

The [program includes](#) a youth food guide with practical strategies for healthier eating habits. Tips for teens and pre-teens on how to fuel their bodies sustainably, including:

- Balanced meal ideas.
- Healthy snack options.
- Hydration tips.
- Easy-to-follow recipes.
- Tips for involving kids in meal planning and preparation.



Post Program Review

| Movement | Rating | Recommendation |
|----------------------------------|--------|----------------|
| Hinge & Squat Mechanics | ★★★★★ | |
| Bracing Mechanics | ★★★★★ | |
| Balance | ★★★★★ | |
| Cardio / Fitness | ★★★★★ | |
| Reflexes / Hand Eye coordination | ★★★★★ | |

Parent will receive a feedback form with recommendations on areas of concern & strategies to help improve these areas.





PRICING INFORMATION

Youth Health, Wellness & Function Block:

- Price: **\$120** per child for the entire 4-week program.
- Group Size: Limited to 10 kids
- Duration: 4 weeks
- 1 Session PW

Individual Training Option:

- Price: **\$80** per **45-minute** session.
- Personalized Coaching: One-on-one training tailored to your child's specific needs and goals.
- Flexible Scheduling: Sessions are available at convenient times to fit your family's busy schedule.