



The
K*I*S*S*
Fitness
Program



For
Kids

Stephen J. Winter, Ph.D.

Disclaimer

The author is not a physician. The information presented in this book is intended to be educational in nature and is not intended as medical advice. It is designed to help you make informed decisions related to your physical fitness and should not be used as a substitute for any treatment that may have been prescribed by your doctor. If you suspect that you have a medical problem, you should seek assistance from a qualified health practitioner.

The K*I*S*S* Fitness Program for Kids
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Exercise models:

Bruce (Win) Winter (age 15)

Margie Winter (age 12)

For further information about the *K*I*S*S** series of exercise books, go to:

www.kissfitnessprogram.com

DEDICATION

This book is dedicated to my kids, Win and Margie, with the hope that they, too, will heed the advice offered in this book – and grow up to be examples of the fitness lifestyle that their old man talks about all the time.



ACKNOWLEDGEMENTS

I would like to thank Frank Marlowe and Pat Newell for reviewing and commenting on the manuscript for the book. Frank is an old friend and a fellow fitness enthusiast. Pat is a workout companion at the local YMCA where I train regularly. Both are better writers than I am!

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To Kids:

Do you want to be **strong**? Do you want to be able to **run fast and far**? Do you want to be **flexible and coordinated** – even graceful? For most of you, there's no reason why you can't fulfill these desires. **Almost every boy and girl has the potential to be physically fit.** And, by that I mean **looking good and feeling good.**

If you're fit, your body is shaped the way it's supposed to be. Boys are **muscular and trim**; girls have **well proportioned figures** because of the muscle inside. If you're fit, you can do a lot more than you physically have to do. If you have to carry a friend who weighs 100 pounds, you **know** you can carry someone who weighs 50 pounds more. If you have to run around the block, you **know** you can run a mile. That's fitness! And, it's really nice to look and feel this way!

You think you're a hopeless case? You think you're too skinny to get strong or too darn fat to run? I repeat, **almost every boy and girl has the potential to be physically fit.** Form a picture of the **IDEAL YOU** in your mind and think about it every night before you go to bed. Make up your mind that **you are this person** and start acting like you are. Right now! If you act like you're fit, you will be careful about what you eat; you will get a good night's sleep every night; and, you will exercise. One day you will realize that you have really become the **IDEAL YOU** that you think about every night. Yes, this can really happen. It's all up to you.

The K*I*S*S* Fitness Program for KIDS can help you out with this project. This little book presents a simple fitness program that will improve your strength, endurance, and flexibility. Almost anyone can begin the Program—no matter what shape they are in right now. **Take your time** as you go through the Program. Remember the story of the hare and the tortoise? "Slow and steady wins the race." Be patient, and give the **IDEAL YOU** time to get from the inside of you to the outside. When you get to the top Level of the

Program, you will be in pretty good shape. Don't worry about how long it takes you to get there. Just get there!

If you're using this program as part of a school physical education course, please take it seriously. It's much more than a just another course you have to put up with. Everything in life is better if you look good and feel good. Although you never know how people feel, you certainly know how they look. How many "grown-ups" do you know that really look good – in a bathing suit? Do you want to look like they do when you're their age? No? I didn't think so...

*If this fitness program gets too easy for you, go on to bigger and better things. Use it as a foundation. Participate in a sport that will further improve your strength, endurance, and/or flexibility. Or, take a look at the K*I*S*S* Fitness Program. There's an **advanced version** of this program in it. Look good; feel good; and, most of all, have fun while you're doing it!*

*My best wishes as you get closer and closer to the **IDEAL YOU!***

Stephen J. Winter
2014

To Grown-ups:

*The K*I*S*S* Fitness Program for KIDS is aimed at middle school and high school age boys and girls. Elementary school children might be a little young for it; kids in these grades should probably just “go out and play.” Although kids in grades 6 through 12 should also “go out and play,” they are probably ready for some formal exercise. This program is designed to fulfill the need for formal exercise at these grade levels.*

*Our work and play involve natural movements that, for the most part, are actually compound exercises. I firmly believe that the best exercises mimic these natural movements and that they lead to the most balanced development of the human body. The K*I*S*S* Fitness Program for KIDS utilizes this simple natural approach to exercise. A person can get very strong and develop outstanding endurance and flexibility without the use of fancy equipment. In my opinion, a chinning bar or a rope—and a pair of running shoes—are all that’s necessary.*

*Although this book can be used by individuals, it is primarily intended for use in schools as part of a physical education course. It is cheap enough so that a copy can be **given** to every student who takes the course. It is the author’s hope that the book will lead to important lifestyle changes for boys and girls, changes that will lead to healthier and happier lives for them in the future.*

*Coaches for this course should get a copy of the K*I*S*S* Fitness Program (my first book) and utilize the pointers in the chapter on group programs. They are directly applicable to use in schools. A strong point of the Program is that, while it encourages students to improve, it does not attempt to force a student to exceed his abilities (and possibly injure himself). The class can move ahead as a group while, at the same time, students who may be slower (or faster!) than the group can proceed at their own pace.*

Finally, I encourage coaches to be examples for their students. There is nothing more inspiring to youth—or anyone—than a

*mentor whom we admire and respect. Don't just tell them, **show** the kids how great it is to be physically fit!*

*K*I*S*S* stands for "**Keep it Simple, Stupid!**" As an engineer, as well as in my fitness pursuits, I have found that the simplest solution to a problem is usually the best one. It's often the cheapest one too. In addition, what's simple usually has the greatest chance of surviving in the long term. What is more important than adopting a fitness program that has a high probability of long-term success?*

*Stephen J. Winter
2014*

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THE BASICS

Imagine that you plant a tree in your backyard and that you want to do everything you can to make sure it will grow. First, you would make sure that the soil is good and, if it isn't, you would probably add some fertilizer. Next, you would be sure that there is enough sunlight. And, of course, you would get out the garden hose if it didn't rain for a few days. Maybe even a few other things. All this is common sense. We know that, if we provide the best possible **environment**, chances are the seedling will grow into a healthy tree.

Well, what about **your own body**? Just like your tree, almost everything you do and everything you come in contact with affects your health. That's right! The food you eat, the water you drink, the air you breathe, the amount of rest and exercise you get, etc. Everything! I suppose this is common sense too. However, we usually go along from day to day without thinking about these things at all! Whether you like it or not, getting healthy and staying that way is an **environmental problem!** And you control your environment!

Let's take a look at the parts of your **personal environment** that you have to get under control.

Food

We eat because we need nourishment. We should put stuff into our mouth that does this and try to avoid everything else. If what you eat isn't digested and used as fuel or turned into healthy tissue, your body has to get rid of it. If your body has trouble doing this, you will get sick—plain and simple. So, give your body a break. **Eat the food you were designed to eat**, and do your best to stay away from everything else.

Just what are we designed to eat? As strange as it may seem, our genes evolved during the millions of years when human beings were hunter gatherers. Whether we want to admit it or not, we have the bodies of **cave men** and probably should be eating what they did. So, as crazy as it sounds, if you're aiming at the best health possible, you should try to approach a caveman diet as closely as you can!

It's simple to make a guess at what cave men (and women!) ate. They probably ate lots of **fresh fruit, vegetables, and fish or lean meat**. I would guess that they ate some eggs now and then too. Honey must have been a special treat!

For sure they didn't eat a lot of what we eat. They definitely didn't eat any "junk food" like cake, ice cream, potato chips, hot dogs, etc. or put salt on their food. They didn't even eat grains, milk, or milk products. That might surprise you as these foods are strongly recommended by the U.S. Department of Agriculture in their "food pyramid." However, there are cultures today that are perfectly healthy that do not eat grains or dairy products. Pacific Island people and many others. The caveman diet is very close to what some scientists and doctors recommend as the way to go if you want to live a long and healthy life.

But, don't get fanatical about this. Eat a sandwich once in a while – preferably using bread made from whole grain flour. Have a scoop of brown rice now and then. Grate some cheese on your salad to liven it up a little. Occasionally treat yourself to an ice cream cone or a few slices of pizza. It's what you do **as a rule** that will make or break you, not what you do once in a while.

Water

We don't have to worry too much about this one. The water coming out of your kitchen faucet is probably pretty pure. If you live in a city, you might want to buy bottled water. The chlorine in city water may kill the germs in it, but, aside from that, it isn't helping your health.

Air

Concerning the air you breathe, the most important thing to remember is: **Don't Smoke!** It's also a good idea to spend as much time outdoors as possible. If you can, walk to school instead of riding a bus. **Play outside** after school. You also get some sunshine when you do this. Playing video games doesn't do your health any good!

Rest

Concerning rest, **eight hours sleep** per night is about right for everyone.

Exercise

There are **three general types of exercise** and it's important to understand the differences between them as they have very different effects on your body. For example, if you want to increase your endurance or "staying power," you should do one type of exercise. If you want to become strong, you should do another. Here are the three exercise types:

- You can move your body in a certain way a great number of times – like walking or running for a long time. This type of exercise builds **endurance**.
- You can move or lift something that's heavy, a few times. This might only be your own bodyweight. This type of exercise builds **strength**.
- You can stretch, bend, or twist your body to its limit in different directions. This type of exercise builds **flexibility**.

Endurance exercises should be aimed at the large muscles in your legs and back rather than your arms. Walking, running, and bicycling are examples of great endurance exercises.

There are hundreds of **strength exercises**. However, there are only **a few basic movements** that are the foundation of just about all the exercises you can come up with. Here they are:

- You can push something.
- You can pull something.
- You can rise from a squat position.
- You can sit up if you're lying down.
- You can straighten up if you're bent over.

Let's take a look at the muscles that you use when you do these movements. When you push something, you exercise your chest, the back of your upper arms (the triceps), and the front of your shoulders. When you pull something, you exercise your upper back, the front of your upper arms (the biceps), and the back of your shoulders. When you rise from a squat position you exercise your thighs and your behind (Yes, that's a muscle too!). When you sit up, you exercise your stomach. And, finally, when you straighten up from a bent over position, you exercise your lower back. If you think about the muscles all over your body, **this covers almost everything**.

Flexibility exercises complete the well-balanced fitness program. It's important to be able to stretch, bend, twist, etc. without groaning every inch of the way. It's a good idea to do some flexibility exercises as a warm-up before you do your endurance or strength exercises.

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THE EXERCISES

The *K*I*S*S* Fitness Program for KIDS* consists of two endurance exercises and five strength exercises. The endurance exercises are walking and running. The strength exercises are well-known calisthenics that are arranged in a special way to make it fun – and even exciting – to advance through the *Program*. They're designed so they also involve some stretching, bending, and twisting. So, all three kinds of exercise – endurance, strength, and flexibility – are included in the *Program*. This chapter explains how to do the exercises. The next chapter will put them together into a program.

Endurance

I suppose you all know how to walk or run. However, you will be doing your walking and running as a means of exercise. This may be a little different from the way you have walked or run in the past. So, a few words about these “exercises” might be useful.

Walking

When you walk, it shouldn't be so slow that you don't feel it. It also shouldn't be so fast that you become winded. Somewhere in the middle. Throughout the *Program*, since periods of running will be mixed in with periods of walking, the walking serves as a **rest** from the running. From another point of view, you can think of the walking as a **warm-up** for the running.

Running

The pace at which you run is up to you. I recommend starting out **slowly**. I **don't** recommend racing or sprinting. The *Program* builds up to a half hour run. This can be three or four miles depending on how fast you run – which is almost distance running. Distance runners are always careful to save some energy so they can complete the entire race in good form, maybe even with a sprint at the finish line. You should do the same. At the end of your run, you should be breathing a little bit heavily and your pulse rate should be up a little. You shouldn't be gasping for air nor should your heart be pounding like a sledge hammer. Again, slow and steady wins the race.

Strength/Flexibility

Here are the exercises in the strength/flexibility portion of the *Program*:

- Sit-up
- Squat
- Push-up
- Bend & twist
- Pull-up

Some of you will throw up your hands and say that you can't even do a single push-up or pull-up. This is nothing to be ashamed of if it applies to you. There are ways to make the exercises easier in case the standard method of doing them is too difficult. As you go through the *Program*, you will simply do the form of the exercise that is right for you. If you begin with a simpler form of an exercise, you may find that, after a while, it will become easy for you and you will be able to move up to the standard method of doing the exercise.

This applies especially to girls. Very few girls can do a real push-up or pull-up – even girls who are quite strong and in fairly good condition. Girls are built strong on the bottom; boys are built strong on the top. But, be careful, guys. There are a few girls out there who are pretty strong. For a while I was training some elementary school kids, and one girl could do 10 honest pull-ups. A lot of Marines can't do that many!

Here's a description of how to do the exercises:

Sit-up

Sit flat on the floor with your legs in front of you slightly bent at your knees. Your arms should be folded across your chest. Slowly lower your upper body until your back just touches the floor and then return to the sitting position. This is one repetition ("rep" for short) of the exercise. If you need someone to hold your feet down, that's perfectly OK.

Muscles exercised: Stomach.

Easy Way

If you have trouble returning to the sitting position, your exercise partner can help you out by gently lifting your back or pulling on your hands as you rise. If you're doing your sit-ups alone, you can attach a rope to something heavy – a sofa would work fine – and pull yourself up slightly as you return to the sitting position.



Sit-up: Start and Finish Position



Sit-up: Midway Position

Squat

Stand tall with your feet around a foot and a half apart – shoulder width. Keeping your feet flat on the floor, slowly bend your knees lowering yourself to a squat position. Then, rise back up to a standing position. Look forward and keep your back straight on your way down and up; don't round your back. This is one rep of the exercise.

Muscles exercised: Thighs and buttocks.

Easy Way

If you have trouble rising from the squat position, you can help yourself up by holding onto a table or chair as you rise.

**Squat: Start and Finish Position****Squat: Midway Position**

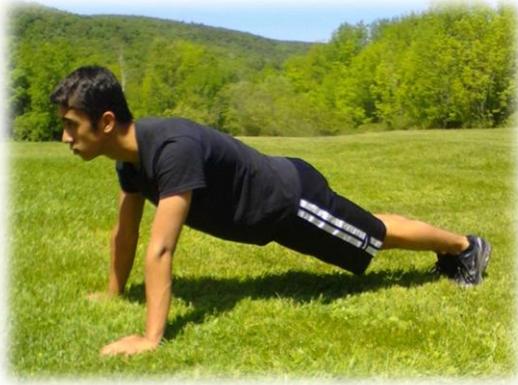
Push-up

Support yourself on your hands and toes. Your back should be straight. Keeping your body rigid, bend your arms at the elbows and slowly lower your body until it just touches the floor. Your chin and chest should touch the floor at the same time. Don't rest on the floor. The minute your body touches the floor, straighten your arms and rise to the starting position. This is one rep of the exercise.

Muscles exercised: Back of upper arms, chest, and front of shoulders.

Easy way

Instead of supporting yourself on your hands and toes, support yourself on your hands and **knees.**

**Push-up: Start and Finish Position****Push-up: Midway Position****Push-up on Knees: Start and Finish Position****Push-up on Knees: Midway Position**

Bend & Twist

Stand tall with your feet around three feet apart. Stretch your arms overhead with your hands close together – as if you’re going to dive into the water. Now, bend at your waist, twist, and try to touch your right toes. Keep your knees locked straight as you bend. Then, return to the upright position. Keep your arms stretched as you do; don’t let them bend on the way up. Now do the same motion to the left toes and return to the upright position. Each time you bend to the right or left is one rep of the exercise.

Muscles exercised: Lower back and sides.

Easy Way

You may find that you can't touch your toes or that it's very difficult for you to do so. That's perfectly OK. Just bend down as far as you can.



Bend and Twist: Start and Finish Position



Bend and twist: Midway Position

Pull-up

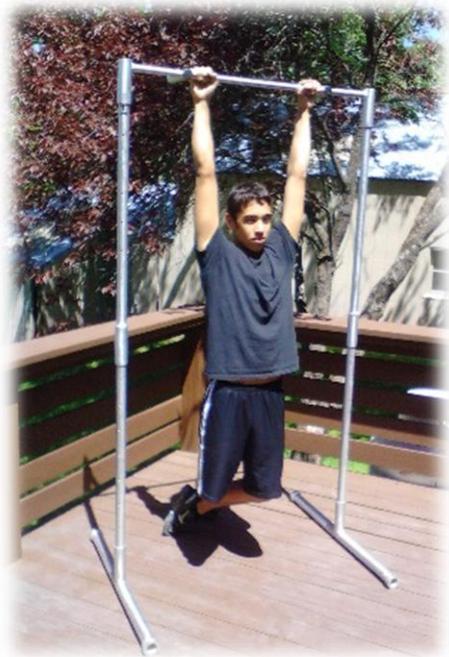
You will need some equipment for this exercise – a bar around three feet long and one inch in diameter. Attach it to something high so that you can barely reach it when you extend your arms overhead. Make sure there is no danger of it falling down when you hang from it.

Reach up and grab the bar. Your hands should be at shoulder width. Lift your feet up so that you're hanging from the bar with your arms fully extended. Now, pull yourself up with your arms until your chin is higher than the bar. Finally, return to the hanging position with your arms fully extended. This is one rep of the exercise. Make sure you completely extend your arms after each rep. Many boys and girls don't do this.

Muscles exercised: Front of upper arms, back of the shoulders, and upper back.

Easy Way

Instead of starting from a standing position, start from a **sitting** position. This time you will have to attach the bar to something so you can barely reach it when sitting on the floor. Start the simplified pull-up by sitting on the floor beneath the bar with your legs slightly bent in front of you. Reach up and grab the bar. Pull yourself up with your arms until your chin can go over the bar. When you get your chin above the bar, your legs should be straight. Then, let yourself down slowly until you're again seated with your legs slightly bent in front of you. This is one rep of the exercise.



Pull-up: Start and Finish Position



Pull-up: Midway Position



Seated Pull-up: Start and Finish Position



Seated Pull-up: Midway Position

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THE PROGRAM

This chapter arranges the exercises you learned in Chapter 2 into a program, the *K*I*S*S* Fitness Program for KIDS*. First it goes through the **details** of how the endurance and strength portions of the *Program* are put together. This includes:

- The time you will spend walking and/or running as you advance through the endurance portion of the *Program*
- The number of reps and sets you will do for each exercise as you advance through the strength/flexibility portion of the *Program*.

Next it explains how to **use** the *Program*. I think of this as the “how to” part of the *Program*. This includes:

- How to get started
- How to advance
- How often to exercise
- How much to rest

After you’ve read this chapter, you will be ready to use the *Program*.

The *Program* is divided into two “Parts,” each of which has five “Levels,” a total of ten Levels. Level 1 is the easiest and Level 10 is the hardest. **A kid who exercises regularly at Level 10 will be in very good shape.** Every exercise session in the *Program* is divided into an endurance portion and a strength/flexibility portion.

Endurance

The endurance portion of the *Program* consists of a **30 minute walk/run**. What’s a “walk/run?” It’s an exercise session that consists of periods of running mixed in with periods of walking. At Level 1, 28 minutes of the walk/run are devoted to walking and two minutes are devoted to running. These two minutes of running can be done anywhere in the 30 minute period and they don’t all have to be done at once. For example, you might walk for 10 minutes, run for one minute, walk for 10 more minutes, run for another minute, and walk again until the 30 minutes are up. The goal is that, in the 30 minute period, you run for a total time of two

minutes. It doesn't matter if the running consists of one minute pieces—or even shorter pieces of a fraction of a minute. At Level 2, four minutes of walking are replaced by running. Again, the running can be in short pieces of any length of time you like provided that, in the 30 minute period, you run a total of four minutes. At Level 3, six minutes of walking are replaced by running. At each Level, the amount of walking that is replaced by running increases until, finally, at Level 10, you're running for the entire 30 minute period.

Referring to Chart # 1, you can see that in Part 1 of the *Program* you only add 2 minutes of running when you advance to the next Level whereas in Part 2 you add 4 minutes. So, in Part 2 you will be increasing the amount of time you devote to running **twice as quickly** as you did in Part 1. This is what makes Part 2 different from Part 1 – and a little bit more difficult. You might say that Part 1 is a conditioning program for Part 2.

Your running can be **at any pace**. As you advance through the Levels of the *Program*, you only increase the **time** spent running. After you've reached Level 10 and you're able to run for the entire 30 minute period, **then** think about going faster.

Chart # 1

Minutes Running Time for Each Level of the *K*I*S*S* Fitness Program for KIDS*

Part 1

Level	Minutes Running Time
1	2
2	4
3	6
4	8
5	10

Part 2

Level	Minutes Running Time
6	14
7	18
8	22
9	26
10	30

Strength/Flexibility

In the lower Levels of the *Program*, you will easily complete the strength/flexibility exercises in a half hour – the same amount of time that you devote to the endurance portion of the

Program. In the upper Levels of the *Program*, it's still possible to complete the strength/flexibility exercises in a half hour. However, you will have to be moving through the exercises pretty fast. Generally speaking, the entire *Program* takes about an hour to complete. This will vary depending on where you are in the *Program* and how fast you move through the strength/flexibility exercises.

The strength/flexibility portion of the *Program* consists of one or more sets of the five exercises you learned in the last chapter. In Level 1 of the *Program* you will be doing the following numbers of repetitions for the five exercises:

Sit-up	5 reps
Squat	4 reps
Push-up	3 reps
Bend & Twist	2 reps
Pull-up	1 rep

After completing the exercises for these numbers of reps, you will have completed one set of exercises at Level 1 or simply **a set at Level 1**. Note that this definition of a "set" is a little bit different than what you may have heard elsewhere. A set usually refers to a number of repetitions of **one** exercise.

In Level 2 of the *Program*, the reps will be increased to the following:

Sit-up	10 reps
Squat	8 reps
Push-up	6 reps
Bend & Twist	4 reps
Pull-up	2 reps

This would be **a set at Level 2**. Chart # 2 gives the number of reps of each exercise for a set at each Level of the *Program*.

Chart # 2**Repetitions of Each Exercise for a Set at Each Level of the K*I*S*S* Fitness Program for KIDS***Part 1*

Level	Sit-up	Squat	Push-up	Bend & Twist	Pull-up
1	5	4	3	2	1
2	10	8	6	4	2
3	15	12	9	6	3
4	20	16	12	8	4
5	25	20	15	10	5

Part 2

Level	Sit-up	Squat	Push-up	Bend & Twist	Pull-up
6	30	24	18	12	6
7	35	28	21	14	7
8	40	32	24	16	8
9	45	36	27	18	9
10	50	40	30	20	10

Sounds simple? There's more to it than this. At Level 1, it's true that you perform a set at Level 1. However, at Level 2, you first perform a set at Level 1 and then you **also** perform a set at Level 2. You do **two** sets. This is called **a sequence of sets at Level 2**. At Level 3, you first perform a set at Level 1, then a set at Level 2, and, finally, a set at Level 3. You do **three** sets, **a sequence of sets at Level 3**. This continues through Level 5 where you will be doing a sequence of five sets.

When you reach Level 6, which starts Part 2 of the *Program*, things change a little. Instead of doing sets at every Level (it would be a sequence of **six** sets), you only do sets at Levels 2, 4, and 6. Although you will be doing a set at Level 6, which is more difficult, the number of sets in the sequence drops back to only **three**. This is a sort of breather. At Level 7, you do a sequence of sets at Levels 1, 3, 5, and 7. At Level 8, you do a sequence of sets at Levels 2, 4, 6, and 8. These two Levels require a sequence of **four** sets of the exercises. At Level 9, you do a sequence of sets at Levels 1, 3, 5, 7, and 9. At Level 10, the highest Level in the *Program*, you do a sequence of sets at Levels 2, 4, 6, 8, and 10. These two Levels are up to a sequence of **five** sets again – like Level 5 of Part 1. The sequence of sets to be performed at each Level of the *Program* is given in Chart # 3.

Chart # 3**Sequence of Sets to be Performed at Each Level of the *K*I*S*S** Fitness Program for KIDS***Part 1*

Level	Do sets at these Levels
1	1
2	1,2
3	1,2,3
4	1,2,3,4
5	1,2,3,4,5

Part 2

Level	Do sets at these Levels
6	2,4,6
7	1,3,5,7
8	2,4,6,8
9	1,3,5,7,9
10	2,4,6,8,10

How to Get Started

If you're a beginner, you should start the *Program* at Level 1. **Start at the beginning!** If you're active, and doing push-ups and pull-ups are part of your after school activities, you might be able to start at Level 6, the beginning of Part 2 of the *Program*. I don't recommend starting at higher than Level 6. Start at a Level that's a little bit easy for you, but not so easy that you don't feel anything. It's more fun to advance easily through an exercise program than to start at a point where you have to struggle.

How to Advance

In general, I feel it's a good idea to make a **schedule** for yourself – a certain number of weeks to be spent at each Level. The fastest that I feel anyone should try to advance through the *Program* is by spending **two weeks** at each Level. However, I think that this rate would only make sense if you are already very active. More realistically, I would suggest spending **four weeks** at each Level. In this case, each Part of the *Program* would take 20 weeks to complete. This is about the length of a school semester. So, the Program fits well with the normal school year. Chart # 4 shows how you could advance through Part 1 of the *Program* for different lengths of school semesters (You can make a similar chart for Part 2.). When there isn't enough

time to spend four weeks at a Level, I recommend shortening the time spent at the **lower** Levels of each Part of the *Program*.

Chart # 4

Schedules for the Use of the *K*I*S*S** Fitness Program for KIDS in Schools

17 Week Semester

<i>Level</i>	<i>Weeks at the Level</i>
1	2
2	3
3	4
4	4
5	4

18 Week Semester

<i>Level</i>	<i>Weeks at the Level</i>
1	3
2	3
3	4
4	4
5	4

19 Week Semester

<i>Level</i>	<i>Weeks at the Level</i>
1	3
2	4
3	4
4	4
5	4

When you make a schedule for advancement through the *Program*, **never move up to the next Level until you have mastered the Level you are working on.** You should “own” a Level before advancing to the next one. When you can do the walk/run and all the exercises at your Level every time you exercise – and it doesn’t just about kill you – you’re ready to advance. **Don’t try to advance through the Levels of the *Program* just to keep up with a schedule you may have set for yourself!**

You might even decide to **remain** at a certain Level of the *Program* rather than advance further. Great! If you stay put for a number of months, it will likely become easy for you, and you will again decide to advance further in the *Program*.

How Often to Exercise

Chart # 5 makes suggestions concerning how many times you should exercise per week. In fact, at Levels 1 through 3 of the *Program*, it would be advisable to even do some “**extra-credit**” work at different times of the day for the exercises in the strength/flexibility portion of the *Program*. The reason is that, at low Levels of the *Program*, you are doing very few repetitions of the exercises. For example, if you’ve placed a bar for doing pull-ups in a doorway, do one or two of them occasionally when you pass under it. If you have to pick something up from the floor, don’t bend over, do a squat to get it. Likewise, occasionally do a few push-ups. These “extra credit” exercises will take a negligible amount of time, but will help you build strength more quickly.

Chart # 5

Suggested Number of Exercise Sessions per Week for Different Levels of the *K*I*S*S* Fitness Program for KIDS*

Level	Number of sessions
1	6
2	6
3	6
4	5
5	5
6	5
7	4
8	4
9	3
10	3

Another approach to getting a better workout at the low Levels of the *Program* is to **repeat** the sequence of sets. Chart # 6 shows how you can do this for Part 1 of the *Program*. This is the only Part of the *Program* you will have to change. If you make this change, you only have to exercise 5 times per week for Levels 1, 2, and 3. This change makes the total number of reps that you do for Levels 1, 2, and 3 of the *Program* roughly the same as the reps you will do for Level 4. However, since you take a rest after each sequence of sets, it will still be easy for you.

Chart # 6**Number of Times to do the Sequence of Sets at Each Level of the K*I*S*S* Fitness Program for KIDS***Part 1*

Level	Number
1	4
2	3
3	2
4	1
5	1

How Much to Rest

The exercises in each set should be performed right after one another; you should only rest long enough to catch your breath. The exercises all work different muscles, so it will be possible to do them in fairly rapid succession. For example, you may have tired muscles in your chest, the front of your shoulders, and the back of your arms after doing push-ups. However, once you get your breath, the muscles involved in bend & twist, the next exercise, will still be perfectly fresh. Do the bend & twists right away; don't dawdle. However, **do** take a rest **between** sets. How long? I have found that a good rule of thumb is to **rest for the same amount of time that you spent doing the previous set**. So, as the sets become more and more difficult and take longer to complete, the rest period between sets will likewise become longer.

We've been using some terms that can be confusing at first. Here's a mini-glossary of them:

Glossary of Terms Used in the K*I*S*S* Fitness Program for KIDS

<i>Program</i>	short for the <i>K*I*S*S* Fitness Program for KIDS</i>
<i>Portion</i>	the endurance or strength portion of the <i>Program</i>
<i>Level</i>	where you are in the <i>Program</i>
<i>Part</i>	either Part 1 or Part 2 of the <i>Program</i>
<i>Repetition (rep)</i>	doing the exercise one time
<i>Set</i>	the exercises at a <i>Level</i> done for the required reps
<i>Sequence of sets</i>	the string of sets that you do at a given <i>Level</i> of the <i>Program</i>

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CONCLUSION

That's about it, kids! To summarize what we've covered, we began with a review of the basics of health and fitness: good food and pure water, fresh air, and plenty of rest and exercise. Then we went into detail explaining both the endurance and strength exercises that the *K*I*S*S* Fitness Program for KIDS* consists of. Finally, we talked about how the *Program* works.

I'm sure all of you have done some running, if only while playing baseball or participating in other sports or games. You may have also done some or all of the strength exercises in the *Program*. All the *Program* does is get things organized. It shows you a way to methodically use these exercises to get seriously fit. Again, being fit means **looking good and feeling good**.

Sometimes **the hardest thing about exercising is getting started**. Just do it! Start the *Program* and take it easy --- but stick with it. You might surprise yourself with how quickly you improve. My boy, Win, couldn't do a single pull-up when he first tried. Six months later he was doing five of them! Now, at age 15, he can probably do close to 20. He sure surprised himself!

If you can't get started on your own, **get a friend to do the *Program* with you**. There's nothing more helpful than a friend when it comes to exercise --- especially on those days when you're feeling a little lazy or down. It's also fun to have someone to playfully compete with.

There's contact information on my website. **Write me a note** and let me know how you're doing. I'd love to hear from you.

ABOUT THE AUTHOR



Stephen J. Winter, Ph.D. has been a fitness enthusiast since his teens. He has excelled in weight lifting and distance running and has done well at other sports including rowing, swimming, and bicycling. Now, over 70 years old, he continues to run and exercise – primarily with bodyweight exercises such as described in this program. He is a good example of the effectiveness of the type of fitness program described in this book. For many years, Dr. Winter was a certified personal trainer. He lives with his family in Norwich, NY.

An engineer by training, Dr. Winter is now retired and has embarked on a second career as a fitness instructor and writer of fitness books. This is the second book he has written, the first being the original *K*I*S*S* Fitness Program*. He has plans to write another book that will be entitled the *K*I*S*S* Weight Training Program*. The central theme of all his books is simplicity. Whether you are doing bodyweight exercises, training with weights, or using exercise machines in a gym, he believes it is of highest importance to keep your training program as simple as possible. Both in his engineering work and in his fitness endeavors, Dr. Winter has found that this approach most often leads to long term success.