**CrossFit Next Gen – What You Learn (and Why It’s Awesome)**

*(For kids aged 7 and up!)*

1. Coordination & Motor Control
• Jumping, rolling, throwing, and climbing improve balance and agility.
• Fun drills help the brain and body connect better and move with purpose.

2. Strength & Conditioning – Kid-Appropriate
• Bodyweight exercises and light weights build real-world strength.
• Smart progressions that match their age and development.

3. Fun Gymnastics Skills
• Learn to kick up into handstands, swing on bars, or do rolls.
• Builds body awareness, control, and confidence.

4. Teamwork & Communication
• Partner workouts and group games teach collaboration and support.
• Encourages leadership, respect, and listening skills.

5. Discipline & Focus
• Short workouts with clear goals improve attention span and self-control.
• Teaches the value of effort, consistency, and attitude.

6. Speed, Power & Agility
• Sprints, ladder drills, and quick reaction games keep things exciting.
• Improves athletic ability for any sport.

7. Confidence through Progress
• Every skill mastered is a confidence boost.
• Kids track improvements and celebrate milestones.

8. Nutrition Awareness (optional sessions)
• Learn the basics of healthy eating and hydration.
• Simple, age-appropriate guidance for energy and recovery.

9. Mental Grit & Resilience
• They face challenges, get tired, fail—and try again.
• Builds mental strength for life inside and outside the gym.

10. Safe Movement Foundations
• Proper squat, hinge, press, and pull techniques taught early.
• Sets the base for a lifetime of injury-free movement.