**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.