



STRONGER TOGETHER: 8-WEEK PARENT & TEEN WORKOUT PROGRAM

Workout Summary

Main Goal: Build Muscle

Training Level: Beginner

Days Per Week: 4 Day

Program Duration: 8 Weeks

Click here for the full workout!

Equipment: Barbell, Bodyweight, Cables, Dumbbells, Kettle Bells, Machines

Target Gender: Male & Female

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Day 1: Push Day

For many parents, the bench press was their introduction to strength training. We’re keeping that time-honored tradition, while also including exercises that are joint-friendly for you and foundational for your teen. Rest 2-3 minutes between sets. To keep things moving, one partner can lift while the other recovers.

Exercise	Sets	Reps	Rest
Barbell Bench Press	3	20, 15, 10	2 - 3 Min
Incline Dumbbell Fly	3	20, 15, 10	2 - 3 Min
Machine Shoulder Press	3	20, 15, 10	2 - 3 Min
Two-Arm Overhead Extension	3	20, 15, 10	2 - 3 Min
Tricep Extension	2	20, 20	2 - 3 Min

Day 1 Finisher: [Push Up](#) - Max reps in 60 seconds. Make it a weekly challenge.

Day 2: Legs & Core Day

This workout may look simple on paper, but don’t be fooled, it’s challenging. Squats are a key movement, but proper form always comes before adding weight. If either of you struggles with technique, reduce the load or choose an alternative until you’re more comfortable. And yes, barbell hip thrusts are included, and yes, everyone should be doing them.

Exercise	Sets	Reps	Rest
Barbell Squat	3	20, 15, 10	2 - 3 Min
Barbell Hip Thrust	3	20, 15, 10	2 - 3 Min
Leg Press	3	20, 15, 10	2 - 3 Min
Leg Curl	3	20, 15, 10	2 - 3 Min
Calf Raise	3	20, 15, 10	2 - 3 Min

Day 2 Finisher: [Lying Leg Raises](#) - Max reps in 60 seconds. Make it a weekly challenge.

Day 3: Pull Day

The earlier teens learn pull-ups, the better they’ll become over time. If needed, one partner can assist by supporting the other’s feet. If you can perform pull-ups, aim for failure or 20 reps, whichever comes first. If not, swap in lat pull downs or pullovers as effective alternatives.

Exercise	Sets	Reps	Rest
Pull Up or Lat Pull Down	3	Failure	2 - 3 Min
One Arm Dumbbell Row	3	20, 15, 10	2 - 3 Min
Rack Pull	3	20, 15, 10	2 - 3 Min
Lateral Raise	3	20, 15, 10	2 - 3 Min
Preacher Curl	3	20, 15, 10	2 - 3 Min

Day 3 Finisher: Front Double Biceps Hold - Max time (up to 60 sec)

Day 4: Full-Body Day (Optional)

This optional session fills in any gaps from earlier in the week. Skipping it won’t hurt your progress, but it’s a great opportunity to add extra volume if you’re feeling up for it. Consider scheduling it on Saturday so you can rest on Sunday and start the next week refreshed.

Exercise	Sets	Reps	Rest
Kettlebell Swings	3	20, 15, 10	2 - 3 Min
Goblet Squat	3	20, 15, 10	2 - 3 Min
Landmine Rotation	3	20, 20, 20	2 - 3 Min
Arnold Press	3	20, 20, 20	2 - 3 Min
Hammer Curl	2	20, 20, 20	2 - 3 Min

Optional Finisher: Burpees - Alternate reps until one person taps out