

**UNOFFICIAL
YOUTH**



**SURVIVAL
GUIDE**

**STAYING
ACTIVE**

NEXT GEN MEN

NBA cancelled = all sports teams
cancelled = everything sucks.

Sports give us a place to belong, train
and compete. But they also charge our
bodies with endorphins. You know how
a lot of guys say dope? That's short for
dopamine. Which is good.

Which you get from exercise.

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LEARN BODYWEIGHT EXERCISES

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Your muscles don't need gym machines or free weights to stay in shape. Think parkour strength training. Look up bodyweight exercises and find progressions that take you to the right difficulty.

- 👉 Wall dips on a single bar (triceps)
- 👉 Frenchies instead of pull-ups (lats)
- 👉 Air squats into pistol squats (quads)
- 👉 Straight-leg hanging leg raises (abs)

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DUST OFF YOUR BIKE

Now is the perfect time of year to pull your old bike out of the garage and burn some rubber. See what parts of your neighbourhood you haven't explored. Ride off-road. Take pics of graffiti.

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***"A BIKE IS LIKE A CADILLAC
TO THESE KIDS."
- JIM HOPPER***



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TAKE OVER YOUR STREET

If adults were ever going to be forgiving of you playing on the street, it would be now. You can still practice social distancing while kicking a soccer ball or doing dribbling drills. Take the space that you need.

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**"A CADILLAC IS LIKE A
CADILLAC TO THESE
ADULTS." (AKA DON'T BREAK
A CAR)**





**GET AN APP
FOR EXERCISE**

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Putting your plan in an app can help you stay on track and motivated to get active even when the weather sucks or your friends want you to join squad. You know how it is. Get those Apple Watch circles.

- 👉 Nike Training Club for training
- 👉 Strava for cycling
- 👉 Asana Rebel for yoga
- 👉 Map My Run for running

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**ALWAYS
HYDRATE**

NEXT GEN MEN

**NEXT
GEN
MEN**

