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TIPS FOR SAFELY STRENGTH-TRAINING CHILDREN

1

Exercises should be age-appropriate and individualized for each child.

2

Exercises should be done with a slow progression.

3

Always start with practicing good form, without weights.

4

Always supervise children working out and correct form.

5

Vary exercises to keep kids interested and avoid repetitive stress.

6

Rest 3 minutes between sets.

7

Rest 1 minute between a failed set and a retry.