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.