



## Strength Training Guidelines for Children

### Considerations for age groups:

**7 yrs or younger** - Introduce child to basic exercises using little or no resistance; develop the concept of a training session; teach exercise techniques; progress from body weight callisthenics, partner exercises, and lightly-resisted exercises; keep the volume of required effort relatively low.

**8-10yrs** - Gradually increase the number of exercises; practice exercise technique in all lifts; start gradual progressive loading of exercises; keep exercises simple; gradually increase training volume; carefully monitor toleration of the exercise stress.

**11-13yrs** - Teach all basic exercise techniques; continue progressive loading of each exercise; emphasize exercise techniques; introduce more advanced exercises with little or no resistance.

**14-15yrs** - Progress to more advanced developmental programs in resistance exercise for adolescents; add sport-specific components; emphasize exercise techniques; increase volume.

**16 or older** - Move individual to entry-level adult programs after all background knowledge has been mastered and a basic level of training experience has been gained.

\*Adapted from *Strength Training for Young Athletes* by Kraemer, W.J., & S.J. Fleck, Champaign, IL: Human Kinetics, 1993.