









## Recommendations of Resistance Training

- \* Not be implemented w/o supervision of certified strength professional
- \* Correct technique taught for each exercise
- \* Size of exe. equipment match of the child's size
- \* Small increment (2.5-5 lbs) instead of large increment on using in exe. equipment
- **★** Routine safety inspections of the equipment
- \* Avoided high training intensities (max. int. not allow on child age < 16)



## Recommendations of Resistance Training Cont'

- **★**Gradual increase in training intensity
- \*Resistance training as a supplementary activity
- **★**Training programs in sport specific
- **★Performed in control manner** w full ROM
- **★**Avoid fast, sudden and ballistic movement
- \*Training w warm-up, flexibility (stretch) & cool-down

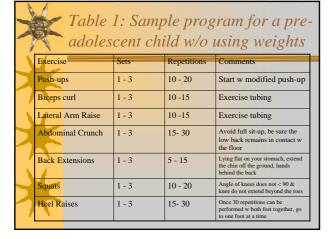


Table 2. Sample schedule for weight training progression in a child					
	Stage	Week	Sets	Repetitions	Wt./ Comments
	\ 	1 - 2	1 - 2	10 - 15	No wt. or min. wt. Focus on proper form & on finding adjustment for the equipment
,	2	3 - 4	1 - 2	10 - 15	Use a wt. That allows the child to comfortably perform 10-15 rep. Be sure proper form is used for each repetition before advancing to the next level
	3	5 - 7	1 - 2	10 - 15	Gradually increase wt. as tolerated (using the smallest increments available). Do not increase the wt. if the child can't perform at least 15 rep. w proper form
1	4	8 – 10	1 - 3	8 - 12	Continue to gradually increase wt. as tolerated (using the smallest increments available). Do not increase the wt. if the child can't perform at least 12 rep.
	5	Active rest			Approx. @ 10 wk., 2-3 wks. Off of resistance training. Prevent over training. Upon training start back at stage 3