



SAFE LIFTING GUIDELINES *for Young Adults*

Children and adolescents can safely enhance strength and health through a well-supervised weight lifting program that follows these guidelines:



Learn the proper technique for any lift before starting. Choose a certified lifting coach with experience in pediatric strength training to supervise initial sessions.



Start without resistance (no weight) until you have mastered proper technique.



Strength training should involve 2 to 3 sets of 8 to 15 repetitions, 2 to 3 times per week.



Don't forget to rest. Your body needs at least a few days of recovery time each week.



A general strengthening program should address all major muscle groups, including the core, and also incorporate regular aerobic exercise training.



Include a 10- to 15-minute warm-up and cool-down period.



Avoid powerlifting, bodybuilding, and maximal lifts until physical and skeletal maturity.



Drink adequate fluids (water) and choose proper nutrition to improve results.



Never use performance-enhancing substances.



Do not start training without medical clearance if you have a history of uncontrolled hypertension, seizure disorders, cancer, chemotherapy, or congenital heart disease.



Stop training if you experience pain or suffer an injury. Seek professional advice before returning.

References

1. Council on Sports Medicine and Fitness American Academy of Pediatrics. *Strength Training by Children and Adolescents Pediatrics* April 2008, volume 121 / issue 4
2. Dahab KS, McCambridge TM. *Strength training in children and adolescents: raising the bar for young athletes?* *Sports Health*. 2009;1(3):223-6.