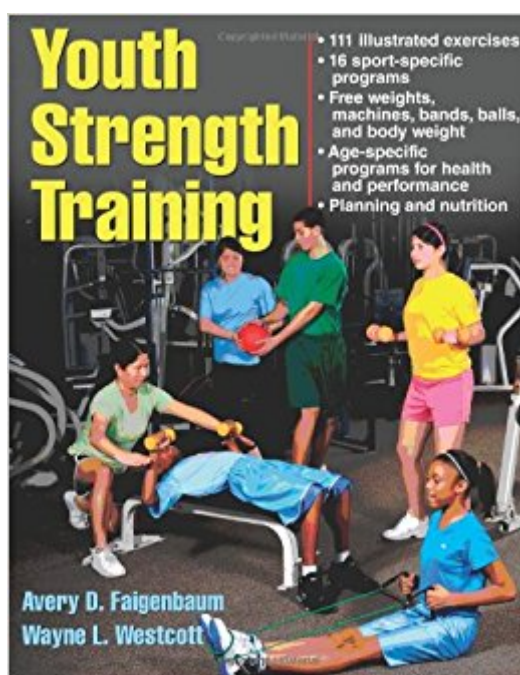


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# Youth Strength Training: Programs For Health, Fitness And Sport (Strength & Power For Young Athlete)



## Synopsis

The benefits of strength training for youth are clearly documented. Yet teachers, fitness instructors, and youth coaches are often not sure how to proceed, and they end up watering down adult versions of strength-training programs. That is definitely not the way to go. But authors Avery Faigenbaum and Wayne Westcott, with their 50 years of combined experience in teaching youth strength-training classes and coaching, can tell you the way to go—and back it with the most current research on instructional techniques and program design for youth. Long recognized as leading authorities on strength training, Faigenbaum and Westcott guide you in designing efficient, enjoyable, and productive programs for kids of varying abilities in elementary school (ages 7 to 10), middle school (11 to 14), and high school (15 to 18). You will focus first on broad-based, balanced muscle development, and then move into comprehensive, sport-specific strength-training programs. In addition, Youth Strength Training will teach you—

- productive protocols for warming up and cooling down;
- procedures for enhancing joint flexibility;
- innovative ways to incorporate resistance exercises into physical education classes, sport practice sessions, and exercise facilities; and
- proper exercise technique for 111 resistance exercises using weight stack machines, free weights, medicine balls, elastic bands, and body-weight resistance.

Much has changed since the authors first wrote a book on strength training for youth, and those changes—including information in the areas of nutrition, hydration, and recovery to maximize the effects of strength training and minimize the risks of overtraining—are incorporated in this book. Additional changes, based on the authors' studies, are reflected in workout frequency, exercise repetitions, related training components, and other factors that affect program design and conditioning results. All programs were fashioned with the latest NASPE standards in mind. Faigenbaum and Westcott have included new information on periodization and long-term planning, perceived exertion scale for youth, overtraining and undertraining, dynamic warm-ups and static stretches, new exercises, effective instruction of youth, and plyometrics. Through strength training, kids as young as 7 can safely develop a strong musculoskeletal system that can help them improve their health and fitness and also withstand the rigors of sport participation. Youth Strength Training is the definitive source to guide you in designing and overseeing the programs of the kids you work with, whether you're in a school, fitness center, or home setting. If you want to see high rates of strength development and spark a lifelong interest in strength-building activities, rely on Youth Strength Training.

## Book Information

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## Customer Reviews

Avery D. Faigenbaum, EdD, CSCS, is a professor in the department of health and exercise science at the College of New Jersey. Dr. Faigenbaum is a leading researcher and practitioner in pediatric exercise science, with nearly 20 years of experience in working with children and adolescents. He has authored more than 100 scientific articles, 20 book chapters, and 7 books related to youth fitness and conditioning. In addition, Dr. Faigenbaum has lectured nationally and internationally to health and fitness organizations and has developed youth fitness programs for YMCAs, recreation centers, physical education classes, and after-school sport programs. Dr. Faigenbaum is a fellow of the American College of Sports Medicine and of the National Strength and Conditioning Association. He is also a member of the International Scientific Advisory Committee and was a member of the Massachusetts Governor's Council on Physical Fitness and Sports for 7 years. Wayne L. Westcott, PhD, CSCS, is a fitness research director at the South Shore YMCA and adjunct professor of exercise science at Quincy College, both in Quincy, Massachusetts. He has served as a strength-training consultant for Nautilus, the United States Navy, the American Council on Exercise, the President's Council on Physical Fitness and Sports, and the YMCA of the USA. He has also been an editorial advisor for many publications, including *Physician and Sportsmedicine*, *Fitness Management*, *On-Site Fitness*, *Prevention*, *Shape*, and *Men's Health*. He has authored or coauthored 23 books on youth strength training worldwide and has helped numerous colleges, schools, YMCAs, and fitness centers develop youth strength-training programs.

This book has several different weight training exercises listed, including some with body weight, some with free weights, and some with medicine balls. Each takes up about a page, with some black and white photos. In the back, there are some sport specific workout plans. There are also some tables showing suggestions as well as some recommended blank tables on how to track your workout progress. I believe the authors really know their stuff... It's good information, but I would like to have seen it condensed into some workout plans that a kid could just pick up and start doing. Maybe even some foldout pages that could be torn out and hung on the wall of their room as motivation.

I expected something different. But the book made good sense. It was well worth the read. But I still want to get a book on starting a teenager using some of the weight machines we have acquired.

Dr. Faigenbaum & Dr. Wescott have once again provided exercise professionals with a scientifically and evidenced based resource manual for the strength training of youth and adolescents. This book offers easy to follow guidelines and recommendations for the design and implementation of strength training and fitness workouts for youth and adolescents 7 to 18 years of age. The book also provides 100 illustrated exercises with technique descriptions using various types of training equipment. It is a must read and resource manual and belongs on everyone's book shelf who work with youth and adolescents in strength training and fitness programs.

We've been looking for a book to help train our 11 year old, who plays two sports competitively; football and baseball. He was interested in adding weight/resistance workouts to his training regimen. This book provided the advice we needed to start him off on correctly. As a bonus, practical advice on equipment... even instructions to make your own 'medicine ball'. I would definitely recommend this book for young athletes. The advice is sound and the author is reputable. It was definitely worth ordering.

The science in this book, although sound and well-researched - is simply outdated. There is no reason why a youth athlete should use selectorized weight equipment. Young athletes should certainly strength train but, they are better off choosing body weight exercises and functional movements using dumbbells or other free-form resistance training. I am disappointed that something doesn't exist for youth training that is up-to-date with today's exercise science.

This cover everything from how to train kids, programming, what to look out for and how to eat. Very informative!

nice way to learn about strength training for kids

This book is relatively complete, but is oriented toward teachers, rather than students, so teens will find it fairly dry.

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