

**Table 10.1 Basic Guidelines for Resistance Exercise Progression in Children**

<b>Age (years)</b>	<b>Considerations</b>
7 or younger	Introduce child to basic exercises with little or no weight; develop the concept of a training session; teach exercise techniques; progress from body weight calisthenics, partner exercises, and lightly resisted exercises; keep volume low.
8-10	Gradually increase the number of exercises, practice exercise technique for all lifts, start gradual progressive loading of exercises, keep exercises simple, increase volume slowly, carefully monitor toleration to the exercise stress.
11-13	Teach all basic exercise techniques, continue progressive loading of each exercise, emphasize exercise technique, introduce more advanced exercises with little or no resistance.
14-15	Progress to more advanced resistance exercise programs, add sport-specific components, emphasize exercise techniques, increase volume.
16 or older	Enter adult programs after background experience has been gained.

If a child enters an age level with no previous experience, progression must start at previous levels and move to more advanced levels as exercise toleration, skill, and understanding permit.

Adapted, by permission, from W.J. Kraemer and S.J. Fleck, 2005, *Strength training for young athletes*, 2nd ed. (Champaign, IL: Human Kinetics), 13.