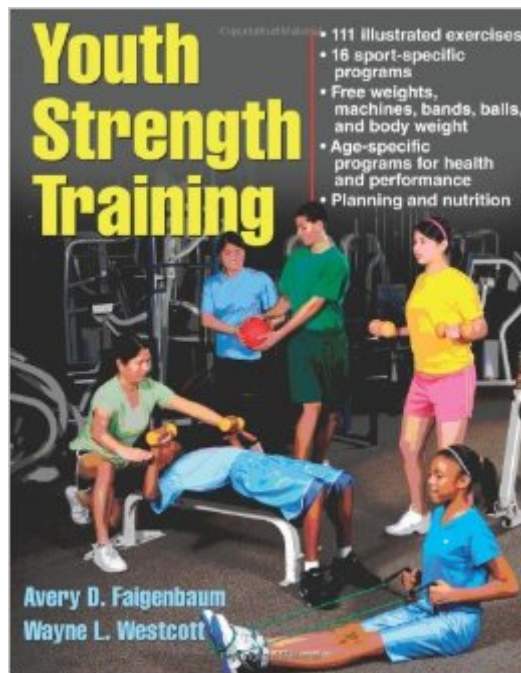


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# Youth Strength Training: Programs For Health, Fitness And Sport (Strength & Power For Young Athlete)



## 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. v

## Book Information

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## Customer Reviews

As a parent of 2 teenage boys I was looking for a book on youth strength training and I found it! The descriptions of sample programs are easy to understand and the photos of starting and finishing positions of every exercise are priceless. Highly recommended to parents who want to learn about safe and proper techniques for lifting weights.

Drs. Faigenbaum and Westcott are at the top of their game. The new edition of this book is a world-class guide to preparing student-athletes for the demands of sport - and of life. What makes this book so extraordinary is the authors' evidenced-based approach, and their application of an educational model to training. They do a superb job of explaining strength training as part of childrens' long-term development rather than just in terms of fitness. The discussions of its role in skill acquisition, as well as its transfer to performance and health, are terrific. They also do some important mythbusting. The big payoff is in the authors' insights on the real risks of working with youth: missed opportunities to teach the fundamentals, the problems with early specialization, and the dangers of failing to prepare for real-world activities. Everything from athletics to ADLs involve strength and power, folks. Here's the curriculum guide.

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.

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.

Youth Strength Training should be included as an integral book in the library of EVERY youth coach, physical education teacher and parent that wants to learn the RIGHT way to train our youth! Drs. Faigenbaum and Westcott have taken a lifetime of scientific based research and practical applications of the proper way to train our children and young athletes, and have provided a well conceived, appropriate and safe method of training for young people. By following the principles, practice and programs outlined in Youth Strength Training, the coach, teacher and/or parent can not only provide the correct way to improve the strength and condition of the young boy and girl, but give those young people a way to exercise that is fun and functional! Simply put - These programs WORK!!! This is one of the finest books I have ever seen on the unique and specialized strength and conditioning training for the young. The authors' work with youth for their entire professional careers is brought together in this book that is practical, functional, and easy to follow and implement. I give Youth Strength Training: Programs for Health, Fitness and Sport my highest recommendation.

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.

Once again, Dr. Faigenbaum has succeeded with "Youth Strength Training" in proving why he is one of the most Prestigious & Well-Respected Experts on the topic of Youth Strength Training & Conditioning. The present generation of children are less active than ever before. This book stresses that children are not miniature adults and must not be trained as such. We must continue to bring the concept of "play" into the training of today's youth, as many kids lack the basic skills needed to run, skip, and jump. Without those skills and the pressure of the "early specialization" parent, transferable skills learned in playing multiple sports are lost & underconditioned youth are at a greater risk for injury & burnout. As a Titleist Performance Institute Certified Golf Fitness Professional who specializes in Youth Performance training, I would highly recommend no other methods than the principles laid out in this book. The research and data based programs that Wescott & Faigenbaum bring in this book fully cover any underlying Myths & Misconceptions about Youth Strength Training. The authors provide easy to follow programs for any child, not just athletes. I cannot stress enough how highly I recommend that any Parent or Strength Training coach have this book in their library

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