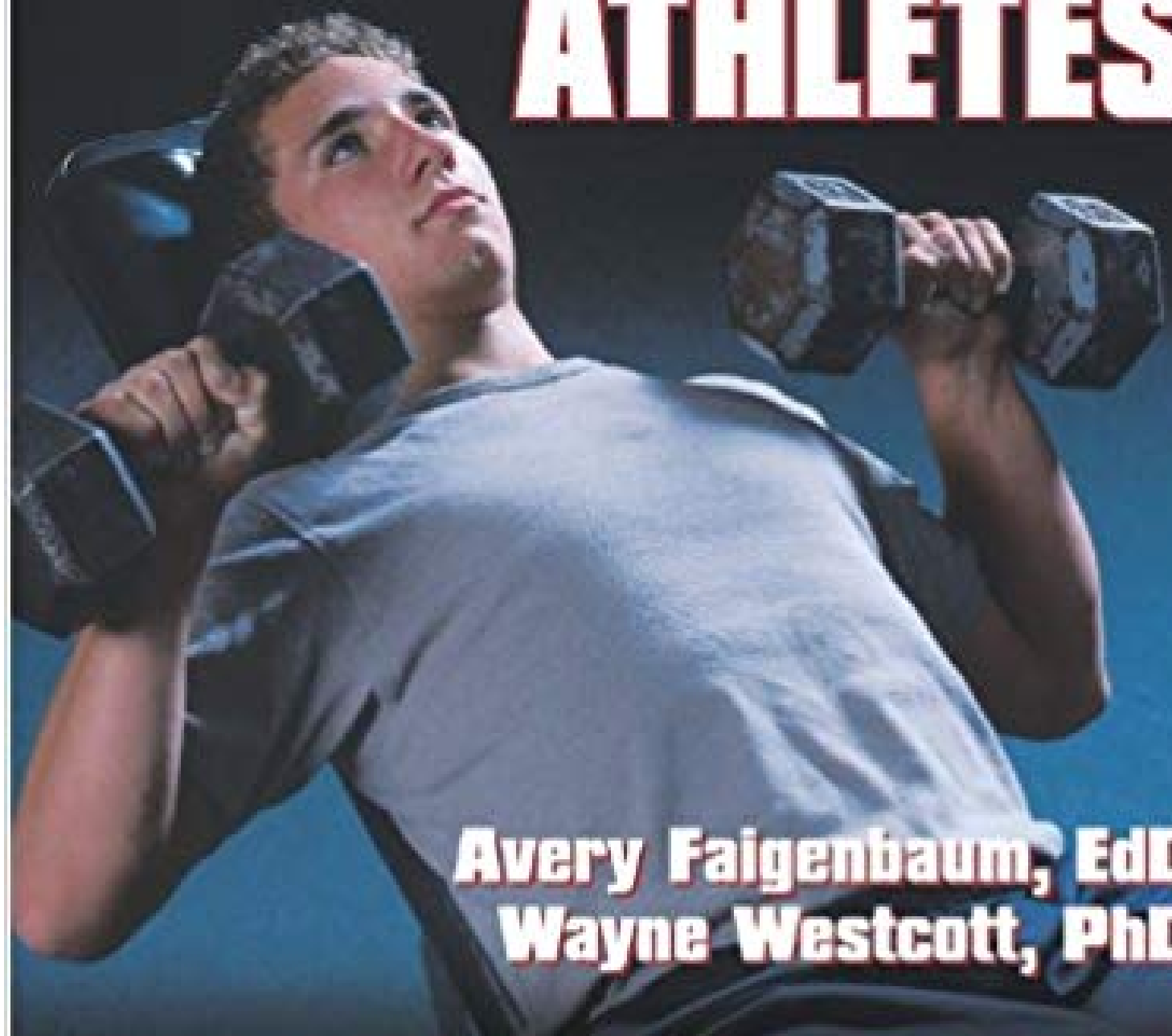


STRENGTH & POWER FOR YOUNG ATHLETES



**Avery Faigenbaum, EdD
Wayne Westcott, PhD**

Exercises and programs for ages 7-15

Avery Faigenbaum and
Strength and Power for Young Athletes



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Help your sportsmen get the training edge they need today to be the sports activities stars of tomorrow. With *Strength and Power for Young Athletes*, you can develop strength-training programs particularly tailored to children that will significantly increase their athletic efficiency. If you are a parent, trainer, strength and conditioning specialist, physical educator, or fitness professional, *Power and Power for Little Athletes* will provide you with the fundamental knowledge and teaching skills to safely and effectively instruct young people on strength-training programs. It also presents the principles and practical applications for developing both age- and sport-specific strength-training applications. The authors have supplied three age-appropriate strength-training programs for kids 7 to 9 years, 10 to 12 years, and 13 to 15 years. Then you can certainly help young sports athletes get working out edge they need today to be the sports celebrities of tomorrow. You will learn how exactly to incorporate these progressive resistance weight exercises into your young sportsmen'll also look for conditioning applications for power sports activities, jumping sports, striking sports, and endurance sports. There are many great things about starting kids on a weight training program at an early age, including- increased strength and power,- improved body composition,- greater self-esteem,- decrease in sports training accidental injuries, and- enhanced sports overall performance. You' training programs with the help of 135 photos that emphasize safety and correct technique. Whether you' This proven, research-based text provides teenagers ages 7 to 15 with a solid fitness base, offering aerobic activities and stretches. Compiled by two of the leading specialists on youth training, *Strength and Power for Young Athletes* offers 82 free of charge weight, body weight, machine, cord, and remedies ball exercises to get building muscle strength.



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I love it and my child likes it Good instruction with images and repetition/set recommendation per age group. Great Reserve!This book is ideal for keeping you in form. Strength in a powerful book Power and Power for Young Athletes is a tremendous help athletes with both high and low athletic specifications and abilities.Images and a key of what each machine works helps you understand each machine easier.It has appendixes for every sport and types for each age group.It is extremely readable and follow.Nutrition guides of carbs and protien can be a big help. I wish the business was a little better and it experienced some tear-out check bed linens but overall much. Superb Basis for a Youth Program This book was a fantastic reference that I relied heavily upon to create a strength training program for our Pop Warner football team.e. This book provides great description of exercises for each muscle group and variations using different tools, . Necessary for parents of active children Even if you are a skilled athlete yourself, and former power lifter (like me), this book is great for the study it presents about kids and weightlifting, and for the organization of the material. Faigenbaum has published outcomes of research documenting the advantages of strength training for children. free of charge weights- dumbbells and barbells, resistance bands and fat devices. One ommission in the reserve was that his published paper revealed a program that proved more advanced than others in managed experiments in terms of results gained. This reserve provides all of the tools you have to develop effective and safe strength programs for boys and girls.i. I came across the medicine ball portion particularly helpful. Very good pictures. Free weights are cover (which is definitely what we make use of) but machines is there as well. As a former Olympic Athlete I appreciate the importance of keeping kids healthy and strong.Plan: 3 sets with set #1 getting 50% of 10 rep maximum resistance (warm-up), accompanied by collection # 2- 10 reps with 75% of 10 rep max (moderate), and set #3 - max amount of reps with 10 rep max resistance. This publication is a genuine WINNER! It is an easy browse and the photos are outstanding.



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