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Strength Training for Teenagers

This interactive guide provides an overview of strength training for teenagers, focusing on safety, proper technique and building a strong foundation.

Building a Strong Foundation:

- **Start Young:** Strength training can begin with bodyweight exercises at a young age, promoting healthy development and injury prevention.
- **Focus on Technique:** Proper form is crucial. Consider working with a coach initially to ensure safe and effective exercises.

Exercising Safely:

- **Supervision:** When lifting weights, supervision is recommended to ensure proper weight selection and safe execution.
- **Progressive Overload:** Start with lighter weights and gradually increase weight or difficulty as your strength improves.
- **Warm-up and Cool-down:** Reduce injury risk and promote recovery with proper warm-up and cool-down routines.

Bodyweight Exercises

Bodyweight exercises are often preferable for beginners as it helps them to work on mastering the basic technique. You can include compound exercises like:

- [Press ups](#)
- [Squats](#)
- [Planks](#)
- [Lunges](#)
- [Single Leg Balancing Exercises](#)

Resistance bands are also helpful during this stage to condition the muscles and prepare them for more intense training. This can involve using dumbbells, barbells and weight resisted machines.

Weight resisted machines

Weight resisted machines are great at introducing young people to the fundamental movements that form the foundation of free-weight training with less risk involved. They often come with additional instructions for use and are widely available.

Weight resisted machines include:

- Leg press
- Leg extension
- Leg curl
- Chest press
- Lat pull down
- Seated row
- Shoulder press
- Assisted pull up
- Assisted chin up
- Assisted dips
- Cable machine - Bicep Curl
- Cable Machine - Tricep Press

Dumbbells and Barbells

Dumbbells and barbell exercises require more stability and balance, so starting with lighter weights is recommended. The muscles should be under tension but the exercise should not be performed to failure, i.e. each repetition should be comfortable and performed safely.

Dumbbell and Barbell Exercises Include:

- Deadlifts
- Squats
- Dumbbell chest press
- Shoulder press
- Lateral raise
- Dumbbell row
- Reverse fly
- Bicep curls
- Triceps extension

Sample Workout Structure:

- Reps and Sets: Aim for 8-15 repetitions per exercise, performed in 2-3 sets.
- Focus on Control: Maintain proper form and control of the weight throughout each repetition.
- Rest Periods: Allow 60-90 seconds of rest between exercises, adjusting based on experience.

Remember: This is a general guide aimed at aiding your start into training. It is important that these exercises are approached with caution, and should only be undertaken if it is suitable for the individual's age and experience. Beginners should consider having a coach to ensure that the exercise is suitable and that proper technique and form is applied.

