



Focused, targeted and specific strength training (8 to 12 years)

ALWAYS check with your PEDIATRICIAN first, before beginning a new exercise program for your child.

Examples of body-weight resistance exercises:

1. Abdominal crunches
2. Balance on one leg
3. Burpees
4. High-step marching
5. Jumping jacks
6. Lunges
7. Mountain climbers
8. Planks
9. Push-ups
10. Side leg raises
11. Squats

A note of CAUTION for this age group: Focused and specific strength training should be part of a well-rounded exercise program that also includes aerobic exercise, free play and sports. • Free-weight (dumbbell) exercises should be high-repetition (15 – 25 reps per set). • Your child should be supervised at all times during their focused and specific strength training routines. • To avoid overuse injuries, have a wide-variety of exercises available on a day-to-day basis, allow for plenty of rest, and provide your child with good nutritious food options. • At this age, it is vital that they learn the importance of proper form and technique during each exercise. Excessive weight or excessive sets beyond fatigue can lead to injury.