



Strength Training for Young Athletes - 2E

William J. Kraemer, Steven J. Fleck

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Young superstar athletes have dispelled long-standing misconceptions that strength development should start in the late teens. But much discussion has continued regarding what type of training is most beneficial.

Strength Training for Young Athletes provides all the answers as the authoritative guide to strength development for 7- to 18-year-old athletes. World-renowned strength and conditioning experts William Kraemer and Steven Fleck present the latest facts on the effects of strength training on growth, development, and performance. The authors then make recommendations relative to starting age, choice of exercises, frequency of training, rate of progression, and philosophical aspects of program design.

Learn how to individualize the age-appropriate sample training programs provided based on the athlete's physical, psychological, and emotional maturity as well as the demands of the sport. Such carefully designed programs not only improve athletic performance and prepare young athletes for higher competitive levels, but they also help to decrease the incidence of injury along the way.

Strength Training for Young Athletes is the most complete and credible resource for developing the muscular foundation for athletic success.

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