



## Youth Strength Training References

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Research increasingly indicates that resistance training can offer unique benefits for children and adolescents when appropriately prescribed and supervised. Despite outdated concerns related to this type of training for children and adolescents, the qualified acceptance of youth resistance training by medical, fitness, and sport organizations is becoming universal and programs in schools, recreation centers and sports training facilities are specifically designed to enhance health-related components of physical fitness which include muscular strength. The articles and books outlined below highlight the safety and efficacy of strength training for children and adolescents.

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