



Resistance Training for Kids and Young Teens (Ages 8-13)



Strength training does not stunt, but supports your child's growth.

I think that we can all agree that exercise is important, especially for growing kids and teens. Despite this, there's a good number of kids and teenagers who only get physical activity through a short recess or PE class. Recess times in the United States have gotten shorter over the last few decades. We believe that PE class presents a very limited idea for what physical activity can look like. Consequently, people who had a bad experience with PE class in their formative years are more reluctant to participate in physical activity later in life.

It's important to understand that resistance training does NOT mean bodybuilding, powerlifting, or any other kind of intense weight training. For children ages 8-13, we recommend starting with basic bodyweight exercises that can be modified with lighter weights. Do this workout with your kids and have fun with it. Make it a game to see who can do more push-ups or hold the longest plank. This workout should last 20-30 minutes.

<p style="text-align: center;">Warm-Up (5 Minutes)</p> <ul style="list-style-type: none"> ● Jumping Jacks – 30 seconds ● Arm Circles – 15 seconds each direction ● High Knees – 30 seconds ● Bodyweight Squats – 10 reps ● Bear Crawls – 10 seconds forward and backward 	<p style="text-align: center;">Cool Down (5 Minutes)</p> <ul style="list-style-type: none"> ● Toe Touch Stretch – 30 seconds ● Child's Pose – 30 seconds ● Shoulder Stretch – 30 seconds each side ● Deep Breathing – 1–2 minutes 	
<p style="text-align: center;">Exercise</p>	<p style="text-align: center;">Reps/Time</p>	<p style="text-align: center;">Notes</p>
<p style="text-align: center;">Bodyweight Squats</p>	<p style="text-align: center;">12–15 reps</p>	<p style="text-align: center;">Focus on control and form</p>
<p style="text-align: center;">Wall, Knee, or Floor Push-Ups</p>	<p style="text-align: center;">8–12 reps</p>	<p style="text-align: center;">Progress to knee push-ups when ready</p>
<p style="text-align: center;">Glute Bridges</p>	<p style="text-align: center;">10–15 reps</p>	<p style="text-align: center;">Feet flat, push through heels</p>
<p style="text-align: center;">Superman Hold</p>	<p style="text-align: center;">20 seconds</p>	<p style="text-align: center;">Arms/legs off the ground, core tight</p>
<p style="text-align: center;">Resistance Band Rows</p>	<p style="text-align: center;">10–12 reps</p>	<p style="text-align: center;">Use a light band, keep shoulders down</p>
<p style="text-align: center;">Walking Lunges</p>	<p style="text-align: center;">8 each leg</p>	<p style="text-align: center;">Bodyweight first, 2.5 - 15 lbs. dumbbells</p>
<p style="text-align: center;">Plank</p>	<p style="text-align: center;">20–30 seconds</p>	<p style="text-align: center;">Focus on a flat back, tight core</p>