

CONTENTS

Foreword vii • Acknowledgments ix • Introduction xi

PART I FITNESS FUNDAMENTALS

- 1 READY TO TRAIN 3**
Strength Training Versus Weightlifting, Powerlifting, and Bodybuilding 5 •
FUNdamental Fitness 6 • Muscles, Bones, and Connective Tissue 7 •
Program Assessment 8 • Getting Ready 12 • Summary 16
- 2 PROGRAM PRESCRIPTIONS 17**
Training Guidelines 18 • Program Considerations 22 • Play Education 23 •
Summary 24
- 3 EXERCISE TECHNIQUE AND TRAINING PROCEDURES 25**
Understanding Children 26 • Being a Teacher 28 • Developing the Fitness Work-
out 29 • Using Equipment Safely 29 • Keeping It Progressive 32 • Summary 32

PART II EXERCISES

- 4 FREE WEIGHTS 35**
Training With Free Weights 36 • Free-Weight Exercises 38 • Summary 72
- 5 WEIGHT MACHINES 73**
Training on Weight Machines 74 • Weight Machine Exercises 74 • Summary 97
- 6 ELASTIC BANDS AND MEDICINE BALLS 99**
Training With Elastic Bands and Medicine Balls 101 • Elastic Band Exercises 101 •
Medicine Ball Exercises 112 • Summary 137
- 7 BODY-WEIGHT TRAINING 139**
Using Body Weight as Resistance 140 • Body-Weight Exercises 141 • Summary 165

PART III PROGRAM DESIGN

- 8 GENERAL PREPARATION 169**
Preparatory Conditioning 169 • Training Youth 170 • Dynamic Motivation 172 • Summary 173
- 9 BASIC STRENGTH AND POWER FOR AGES 7 TO 10 177**
Components of the Warm-Up and Cool-Down 178 • Strength-Training Program 179 • Strength-Training Exercises 179 • Training Considerations 183 • Summary 184
- 10 INTERMEDIATE STRENGTH AND POWER FOR AGES 11 TO 14 185**
Components of the Warm-Up and Cool-Down 185 • Strength-Training Program 185 • Machine Strength-Training Exercises 186 • Free-Weight Strength-Training Exercises 188 • Medicine Ball Strength-Training Exercises 188 • Training Considerations 189 • Summary 192
- 11 ADVANCED STRENGTH AND POWER FOR AGES 15 TO 18 193**
Components of the Warm-Up and Cool-Down 194 • Strength-Training Program 194 • Machine and Free-Weight Strength-Training Exercises 195 • Medicine Ball and Elastic Band Strength-Training Exercises 195 • Training Considerations 197 • Summary 200
- 12 SPORT-SPECIFIC STRENGTH AND POWER FOR YOUNG ATHLETES 201**
Training for Sport Conditioning 202 • Baseball and Softball 203 • Basketball and Volleyball 203 • Dancing and Figure Skating 204 • Football and Rugby 204 • Ice Hockey and Field Hockey 205 • Soccer 205 • Swimming 206 • Tennis 206 • Track: Sprints and Jumps 206 • Track: Distance Running 207 • Summary 207

PART IV LONG-TERM PLANNING AND NUTRITIONAL SUPPORT

- 13 PERIODIZATION AND RECOVERY 211**
Overreaching and Overtraining 212 • Models of Periodization 213 • Rest and Recovery 214 • Long-Term Development 216 • Summary 216
- 14 EATING FOR STRENGTH AND PERFORMANCE 217**
Basics of Healthy Eating 218 • Children's Nutritional Needs 222 • Hydration 224 • Snack Foods 224 • Summary 225

Appendix: Sample Workout Log 226 • Suggested Readings 227 • Index 229 • About the Authors 235