

AVENUE LAWN TENNIS & SQUASH CLUB (fitness section)

RESISTANCE TRAINING GUIDELINES

Copy to be given to all members under 18 years, at induction phase

Children over 12 and under 14 years of age should only use body resistance and the rights weights and remain below 60% of their maximum lift in one repetition.

Children over 14 and under 16 years of age should work on a gradual strength training programme but not working above 70% of their maximum lift in one repetition.

Children over 16 and under 18 years of age should follow a gradual strength training programme and it is advised that they should work on a training level of about 70% of their maximum lift in one repetition until full bone growth is completed. This could take until age 20-25 years after which maximum training can commence.

The World Health Organisation (WHO) recommend the above guidelines and further state:

Physical activity to stay healthy

Children need at least 60 minutes of moderate-intensity physical activity each day. At least twice a week, this should include activities to improve bone health, muscle strength and flexibility.

Strong evidence now shows that physical activity's beneficial effects go well beyond preventing weight gain. Physical activity benefits both physical and mental well-being: cutting by about 50% the risk of many disorders related to inactivity.

Regular physical activity helps to protect against unhealthy weight gain. In the management of overweight and obesity, it can help to prevent weight gain, prevent the health consequences of obesity and, in combination with an appropriate diet, reduce weight.

The National Academy of Sports Medicine (NASM) recommends the following basic exercise guidelines:

Guidelines for youth training are largely based on the age range of 12 – 21 years.

Adolescents should engage in moderate to vigorous physical activity for a minimum of 20 minutes, 3 or more days per week, to promote health and chronic disease prevention.

Physical activity of 30 to 60 minutes plus on most or all days of the week for elementary school children, emphasising developmentally appropriate activities.

Resistance training exercises for muscular strength development and enhanced muscular endurance should not exceed 1 – 5 sets of 6 – 20 repetitions at 40 – 70% of maximum intensity on 2 –3 days per week.