

Published based on [Strength Training for Kids: New Guidelines](#)

Strength Training for Kids: New Guidelines

Even though making your children lift weights may sound kind of weird, it could really help them both now and in the future. The strength training for kids is not only limited to lifting weights, they can also do other things like push ups, pull up, etc. Click on one of the links to get more information.

Strength training and conditioning may seem to be the realm of ripped bodybuilders, but a national sports group has just recommended that kids get in on the action, too. The National Strength and Conditioning Association (NSCA) has just published new guidelines for strength training and conditioning for children, noting that fears over safety shouldn't prevent parents from getting kids involved in an activity that can build bones, boost cardiovascular health, and lead to lifelong healthy [exercise](#) behaviors.

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