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IS LIFTING SAFE *for kids?*

A coach's answer, parent to parent.

Short answer: yes, when it's done right. Supervised, technique first, with weights that match the kid. I coach Little Lifters and our youth programs at Fit Collective Studio, and I'm a mom of two. Here's what I tell every parent who asks.

The question isn't "can my kid lift?" It's "who is coaching them, and how?" Can I vs. should I.

INSIDE

The short answer

What good coaching looks like

A typical session

General information, not medical advice. If your child has a health condition or injury, check with your doctor before starting a new program.

IS LIFTING SAFE FOR KIDS?

DONE *right*, IT'S A YES

Kids already lift, jump and land every day. Climbing, carrying, cannonballs. Strength training just teaches them to do it well.

What it does for them

- Builds strength and coordination
- Teaches safe ways to move, jump and land
- Supports every other sport they play
- Builds confidence. Big time.

What "done right" means

- A qualified coach watching every rep
- Technique before load, every time
- Bodyweight, dowels and light weights first
- No max lifts for young kids

THE MYTHS WE HEAR

"It'll stunt their growth."

Well-coached strength training isn't known to stunt growth. The real risk is poor supervision and bad technique, in any sport.

"They should wait until they're teens."

Kids can start learning movement and strength as soon as they can listen and follow coaching. The loads just stay light.

"Isn't it risky?"

Every sport has some risk. Good supervision, good technique and the right load keep it low.

"Will it make them bulky?"

No. It makes them strong, coordinated and confident. That's it.

WHAT GOOD COACHING *looks like*

Green flags

- ☐ Coaches are certified and watching closely
- ☐ Small groups, lots of feedback
- ☐ Form is taught and corrected
- ☐ Weights go up slowly, only with good form
- ☐ It's fun. Kids want to come back.
- ☐ Rest and water breaks are built in

Red flags

- ☐ Kids left to lift on their own
- ☐ Max-out days or "how much can you lift?"
- ☐ Pushing through pain
- ☐ Copying adult workouts
- ☐ Yelling instead of coaching

WHAT A YOUTH SESSION LOOKS LIKE

- 1 Warm up with games.** Tag, animal walks, jumping and landing.
- 2 Learn a skill.** Squat, hinge, push, pull, carry, with a dowel or bodyweight first.
- 3 Practice it.** Light loads, lots of good reps, coach feedback on every one.
- 4 Play hard.** A team challenge or relay to finish.
- 5 Cool down and cheer.** We celebrate effort, not numbers.

At Fit Collective, our youth athletes earn heavier weight with good form. We can do hard things, and we do them right.