

GABRIELE

FITNESS & PERFORMANCE



Strength Training for Youth Athletes: *The Wrong Way*

It is imperative for a young athlete to learn how to strength train the right way from the start. Learning the wrong way sets habits that are hard to break and definitely causes the potential for future injury. I was at one of these large chain gyms in our town recently and saw a few young 12 year old boys strength training. I was very nervous for these young men and felt bad for them because they had no guidance or instruction.

Strength training the wrong way at young ages will definitely increase the risk of injury. Sending them out to the gym when they have not been prepared and do not have proper instruction is like sending the lamb to the wolves, things may be ok for a while but eventually nature will take its course.

I wish I had a video camera at the time to film these young men to show you a live look at what NOT to do. Instead, I put this video together to show you what I saw and why the way these exercises performed this way will harm a young athlete.

[See the wrong ways here](#)

If you see your son or daughter performing these exercises this way please tell them to stop and get professional instruction immediately.

Please stay tuned for next week as I will show some great strength building exercises for young athletes with proper form.

Work Hard and Smart!

Vince

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