LIGHT WEIGHTS BEGIN

AGES 12 TO 14

ADD LOAD, SLOWLY.

WHAT IT LOOKS LIKE

Goblet squats, step-ups, dumbbell rows and presses, kettlebell work, jumps with soft landings. Light weight, 10 to 15 reps.

THE GOAL

Carry clean bodyweight technique over to light load. Form stays the same; only the weight changes.

THE RULE

During a growth spurt, hold the weight steady. Bones grow faster than muscles and tendons can keep up.