SKIP THE RULES

TOO MUCH, TOO SOON.

Heavy weights, high-intensity bodyweight work and routines built for older bodies put stress on bones that are still growing. That can lead to:

- **Growth plate injuries**
- **Knee and heel pain**
- **Stress fractures**
- **Strains and sprains**
- **Lost interest in sport**

The problem isn't lifting. It's lifting without a plan. →

Source: American Academy of Orthopaedic Surgeons, OrthoInfo, "Overuse Injuries in Children"