



Kids Weightlifting (Paperback)

By Mohamed F El-Hewie, Sjaak Smorenburg

Createspace, United States, 2010. Paperback. Book Condition: New. 246 x 201 mm. Language: English . Brand New Book ***** Print on Demand *****.This book is aimed at educating and preparing children of ages 6 to 12 in the basics of Olympic Weightlifting and Strength Training. The book familiarizes teachers, parents, and kids with the fundamentals of lifting and resistance training. The book starts by explaining how muscles work by burning energy and moving the nutrients around the body organs. Young children need to be educated on the process of transport of energy from food to cells all over the body. They then will understand how strength training helps the body grow and stay healthy and fit. Resistance exercise is defined as the effort to stimulate muscles to grow and adapt to lifting. The strong muscles stimulate the bones to deposit minerals and remain strong. Strong muscles and bones help the individual to maintain high level of health and fitness. The growth process involves the development of the mental and neural functions, which help the person solve complex problems and maintain high coordination and balance. Weightlifting is introduced by warming up without weights. Lifting light plates follows the warm up as an...



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