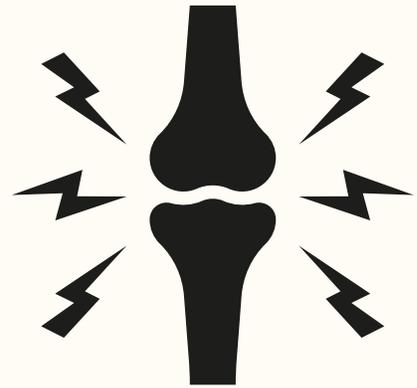


# Strength Training Safety for Teens

## Why Safety Matters:

Your muscles grow fast—but your bones and joints take more time. Training too heavy, too soon can damage your growth plates and cause serious injuries.



## Top Safety Tips:

- Master Form First
- No Maxing Out
- Train 3–4 Days Max Per Week
- Always Have Supervision
- Sleep + Food + Hydrate = Gains
- Learn Proper Technique

## Remember:

Smart training = long-term gains

