



LES MILLS



LES MILLS' PROGRAMS AND YOUNGER PARTICIPANTS

BODYPUMP™

General weight training rules for adolescents and younger participants apply: Care must be taken when using resistance training with growing bones. Bones grow via cartilaginous plates at either end of the shaft. These plates are susceptible to shear forces resulting from the pull of tendons. Irritation of these plates, due to excessive muscle loading, results in an inflammatory response which is known as apophysitis.

Therefore high loads with low repetitions to failure are contraindicated for these age groups. BODYPUMP, which consists of high repetitions with low resistance, is therefore suitable for younger populations and can be a great method of introducing the younger athlete to resistance training.

Further considerations with younger participants:

- The most common sites for irritation of the growth plates occur at the knee (quadriceps insertion) and heel (achilles insertion).
- Pre-adolescents and adolescents are capable of making significant strength gains with weight training.
- It is recommended that no load is used initially until the execution and technique is perfected. Once achieved, low loads are introduced so that the full set of reps can be completed without compromising form. The maximum number of sessions per week is three.
- Warming up and additional stretches should be used to lengthen muscle tissues. Due to the high growth rate of these individuals, muscles have the tendency to tighten as they attempt to lengthen with the growing bones. Stretches are vital to reduce insertional pulling around the growth plates.

Age recommendation: Minimum 18 years of age

CARDIO-BASED PROGRAMS

Programs such as BODYATTACK™, BODYCOMBAT™, BODYSTEP™, BODYJAM™ and RPM™ can also be considered appropriate training tools for adolescent and pre-adolescent participants.

As the first four programs listed incorporate movement in all planes, they assist in the development of balance and agility which is important in the developing musculo-skeletal system. RPM training is good for developing leg strength-endurance, and for improving aerobic fitness.

Age Recommendation: Facility's discretion

BODYFLOW® AND LES MILLS CORE

Both of these programs may provide benefit in core, leg strength and balance while BODYBALANCE/BODYFLOW has been shown to improve flexibility.

Age Recommendation: Facility's discretion

LES MILLS TONE

LES MILLS INTERNATIONAL LTD



LES MILLS



This is a multi-modal program which combines balance, cardiovascular and strength endurance training and would also be suitable for younger populations.

Age Recommendation: Facility's discretion

LES MILLS GRIT™ / LES MILLS SPRINT™

LES MILLS GRIT™ Strength and LES MILLS GRIT™ Athletic: due to the technical demands and high intensity nature of these programs, participants require a high degree of skill and fitness.

Age recommendation: Minimum 18 years of age

LES MILLS GRIT™ Cardio and LES MILLS SPRINT™

As the skill demand of these programs is significantly less, these programs may be suitable for a younger audience.

Age recommendation: Minimum 16 years of age

We recommend that younger participants should attend technique sessions prior to participating in the above programs and that suitability to proceed to a class environment is assessed on an individual basis.

Training guidelines for younger participants vary between countries. It is important to check your local guidelines to ensure you are complying with local recommendations.

BORN TO MOVE™

This program has been specifically designed for the physical limitations and motivational considerations of a younger audience. Les Mills International highly recommends this program for pre-adolescent age groups.

Please do not hesitate to contact Les Mills International for further clarification of these points.

Bryce Hastings (Adv Dip Phys.)
Technical Consultant for Les Mills International

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