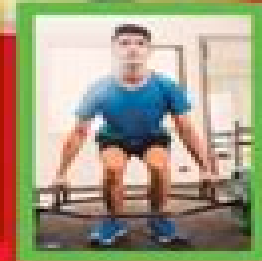




Weightlifting for Teenagers

- Principles of Weightlifting
- Rules of Joint Mechanics
- Movement Patterns
- Squat
- Hip Hinge/Extension
- Lunge/Step Up
- Horizontal/Vertical Push
- Horizontal/Vertical Pull
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- Exercise Prescription



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