

Table 1

Table 1. The training program for young participants.

Week	Load (RM)	Sets	Inter-set rest (min)	Sessions per week
1-6	9-11	3	1	4
7-10	6-8	3-4	1.5	4
Upper-body exercises #1	Lower-body exercises #1	Upper-body exercises #2	Lower-body exercises #2	
Bench press	Squat	Incline chest press	Deadlift	
Dumbbell flyes	Lunge	Pullover	Lunge	
Standing shoulder press	Knee-extension	Lateral rise	Leg press	
Triceps push-down	Straight leg deadlift	Pulldown (narrow grip)	Knee-flexion	
Sited rowing	Standing calf raise	Standing over-bent rowing	Standing calf raise	
Pull-down (wide grip)	Self-elected abdominal	Biceps-curl (scott curl)	Self-elected abdominal	
Self-elected abdominal exercise	exercise	Self-elected abdominal exercise	exercise	