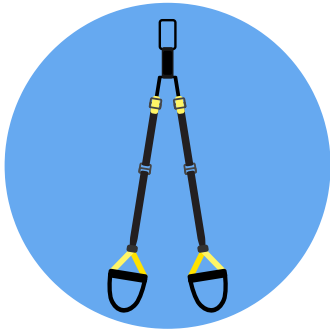


SUSPENSION TRAINING FOR CHILDREN'S FITNESS

Christine W. St. Laurent, Brittany Masteller, and John Sirard



Why study suspensions trainers for use in children?

- Youth resistance training programs can lead to positive health outcomes
- A variety of training modalities have been used studies of resistance training programs in children
- Suspension training is an exercise training modality that may have potential to improve fitness and functional movement performance in children

Study's Purpose: To see if a 6-week movement program with suspension training would improve children's muscular- and skill- related fitness and functional movement

What We Did

- We studied children (ages 7-12) who participated in at least one community or school sport
- They were randomly placed into an intervention group who would follow a 6 week program (17 children) or a control group not exposed to the program (11 children)
- We did fitness and functional movement measurements before at the beginning and end of the program
- Children in the program did two 1-hour group sessions per week

What We Found



Children that completed the program had bigger improvements in their modified pull up performance and functional movement scores, but not in the trunk lift, push-up, plank, standing long jump, or shuttle run.

Findings from our small study provide some initial support for suspension training as an evidence-based tool for children, but more studies with larger and more diverse samples should explore this modality in school- and community-based settings.

St. Laurent, C. W., Masteller, B., & Sirard, J. Effect of a Suspension-Trainer-Based Movement Program on Measures of Fitness and Functional Movement in Children: A Pilot Study. *Pediatric Exercise Science*, 2018, 30, 364-375.

Infographic created by: Amelia Amack & Christine St. Laurent