

# A Guide To **TEENAGERS'** **MUSCLE GAIN** *Journey*



Take strength training, starting with light weights under professional supervision to increase muscle mass and reduce fat.



Engage in exercises such as pushups, lunges, and squats that increase muscle mass and strength.



Ensure to pair the daily workouts with a proper diet containing adequate protein intake.



Do not take protein supplements without consulting a doctor, as excess may impact the kidney.



Divide your meals into several smaller portions throughout the day to avoid one-time heavy meals.



## References:

- 1 How Teen Athletes Can Build Muscles with Protein; Academy of Nutrition and Dietetics
- 2 Is strength training safe for kids and teens; Children's Health of Orange County