

WEIGHT TRAINING



Portales Girls Physical Education

****We lift every Monday and Friday.**

GOAL: Our goal is to work hard, get strong and healthy and look GREAT!!!!!!

LIFTS: We do the following lifts.

Bench Press

Military Press

Incline

Leg Extensions

Upright Rows

Seated Dumbbell

Tricep Press

Lunges

Calve Raises

Jump Ropes

Conditioning

Abdominals

Squats

****Every student has set fitness goals. Some are working to get stronger, more toned, lose weight, gain weight or to get in shape.**

**** We are learning the importance of Strength Training and the muscular system.**

****PUSH-UPS - Great exercise you can do at home and you need no equipment.**