



STRENGTH AND CONDITIONING

GET AFTER IT!

Students will work diligently to improve muscular strength and power in the following CORE LIFTS; Bench Press, Squat, Dead Lift, Power Clean, and Overhead Press.



Bench Press MAX

**Improve
Technique**

**Stronger athletes
are better
athletes!**

**Improve self-
esteem.**

**Compete with
yourself or other
schools.**

**Who:
ANYONE!!!**