## SEAQUAM Physical Education Weight Training Assignment

MUSCLE GROUP	3 EXERCISES	SAFETY	NOTES
1 P(Chest)	-		
2 B (Elbow Flexers)		·	
		·	
3 Q(Thigh)		·	
O JOHO ELINOMAN			•
		·	

4 D (Shoulder)			
5 T(Back of Arm)			
6 A(Stomach)			
		·	
7 G(Buttocks)			
	,		

8	G	, , , , , , , , , , , , , , , , , , , ,	
	(Calves)		
9	T (Upper Back)		
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10	H Back of Thigh)		 ·

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