

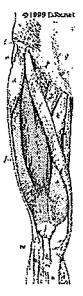


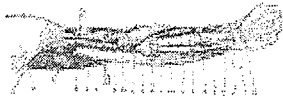
SEAQUAM Physical Education Weight Training Assignment

MUSCLE GROUP	3 EXERCISES	SAFETY	NOTES
1 P _____ (Chest) 			
2 B _____ (Elbow Flexers) 			
3 Q _____ (Thigh) 			

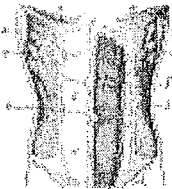
4 D _____
(Shoulder)



5 T _____
(Back of Arm)



6 A _____
(Stomach)



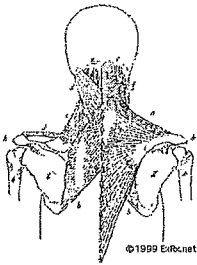
7 G _____
(Buttocks)



8 G _____
(Calves)



9 T _____
(Upper Back)



10 H _____
(Back of Thigh)



