**SAN MARIN HIGH SCHOOL PHYSICAL EDUCATION**

**WEIGHT LIFTING**

**NAME:** **PERIOD: 5/6/7**

**SPORT:**

**\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_FALL – SCHOOL OR NON-SCHOOL**

 **WINTER - SCHOOL OR NON-SCHOOL**

 **SPRING – SCHOOL OR NON-SCHOOL**

 **SUMMER**

**If playing a sport, does your team have a workout program? Y N**

**Which of the following reasons are you taking Weight Lifting (circle one):**

1. **Getting in/Staying in shape for the sport(s) that I am playing.**
2. **Body Toning - Light Weights/Max Reps**
3. **Strength Increase – Heavy Weights/Few Reps**
4. **A mixture of toning and strength**

**Current Height and Weight**

**Height\_\_\_\_\_\_ Weight\_\_\_\_\_\_\_\_**

**List either your max weight lifted or max reps for the following exercises. If you have not been involved in weightlifting or have never done a specific exercise, write N/A for answer**

**EXERCISE MAX WEIGHT(1 REP) MAX REPS/WEIGHT**

**Deadlifts**

**Squats**

**Power Cleans**

**Bench Press**

**SIT UPS (One Minute) PUSH UPS (One Minute)**

**1.5 Mile Run (Best Time)**