**Power Lifting**

Power Lifting grade will be based on class participation (50%), Correct Paperwork (25%), Improvement (20%) and Policies and Guidelines (5%).

Weight training will be done on Monday/Wednesday/Fridays and Cardio exercises will be done on Tuesday/Thursday.

On the days in the weight room the first 5 minutes of class is for attendance. 5 minutes will be for warm-up in the gym. Weight training will be for 30 minutes and the final 10 minutes will be for clean-up and showering.

On cardio day, the first 5 minutes of class is for attendance, 35 minutes will be on cardio and the last 10 minutes are for clean-up and showering.

For weight training each student will do: bench press and squats. Each student will then pick another 4 weight training exercises to be completed.

For the first week, all weight training exercises will be shown with correct form for the students to practice. The second week the students must decide which other weight training exercises they will do in class, and will find out the maximum weight they can lift for each exercise. (This will help determine the students’ workout weight) Each person will partner(s) with someone and remain their partner(s) for the semester.