

**8<sup>th</sup> Grade Weight Training:**  
**Key Words Worksheet**

**Bench Press:**

**Key Words**

- 1.
- 2.
- 3.
- 4.

**Parallel Squat:**

**Key Words**

- 1.
- 2.
- 3.
- 4.

**Dead Lift:**

**Key Words**

- 1.
- 2.
- 3.
- 4.

**Seated Military Press:**

**Key Words**

- 1.
- 2.
- 3.
- 4.

**Bicep Curl:**

**Key Words**

- 1.
- 2.
- 3.
- 4.

**Lying Triceps Extension (Skull Crusher):**

**Key Words**

- 1.
- 2.
- 3.
- 4.