9th Grade Weight Training Assessment Handout

Please design a 2 week workout plan utilizing the 6 different lifts we have worked on. Please include your goals, various set and rep schemes, as well as rest days. Your workout plan should include at least 3 lifting days per week and also describe which muscles are being worked in each workout.

	Monday	Tuesday	Wednesday	Thursday	Friday
Week 1	•			•	
Week 2					