Weight Training & Physical Conditioning 25-26 Semester 1 Daily Assignments/Activities

**Tuesday August 5, 2025**

1. Review of expectation (coaches)
2. Static & Dynamic Stretching & Walk

**Wednesday August 6**

1. Review of expectation (coaches)
2. Static & Dynamic Stretching & Walk
3. Muscle review during stretch

**Thursday August 7**

**Muscle Handout**

**Name: Date: \_\_\_\_Period:**

**Instructions: Make sure to write your name, date and class period**

1. Label the following muscles on the diagram provided; Use the word bank below to identify each muscle.
2. Write the name of the muscle next to the correct number on the diagram.

A diagram of a person's body

Description automatically generated

Word Bank (Common Names)

* Abdominals
* Biceps
* Quadriceps
* Pectoralis Major
* Latissimus Dorsi
* Gluteus Maximus
* Triceps
* Gastrocnemius
* Deltoid
* Trapezius
* Hamstrings
* Erector Spinae

1. Muscle video: <https://www.youtube.com/watch?v=z7psWfRLXFY>

**Friday August 8**

Muscles Review on quizziz