**Central Senior Weight Room Permission Form and Student Contract**

**Rules of the weight room:**

* Students are not permitted in the weight room unless they are supervised. Students must listen to the supervisors.
* **Students will perform appropriate activities with no weight or suitable weight**
* **All equipment should be put away, and weights unloaded when done using them.**
* Students do not need a change of clothes. Appropriate shoes are needed.
* No food may be consumed in the weight room. There is a water only policy in effect.
* Students are reminded that they must behave appropriately in the weight room.

# ELEMENTS OF RISK

# **Educational activity programs, such as** *weight training* **involves certain elements of risk. Accidents may occur while participating in these activities. These accidents may cause injury.** These accidents result from the nature of the activity and can occur without any fault on either part of the student, or the School Board or its employees or agents, or the facility where the activity is taking place. By choosing to participate in the activity, you are assuming the risk of an accident occurring. The chance of an accident occurring can be reduced by carefully following instructions at all times while engaged in the activity.

I \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ agree to the above policies and understand that my failure to comply may result in my weight room privileges being taken away.

Student signature:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Date:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Parent signature:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Date: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Principal signature:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Teacher signature:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Please list any medical condition that weight room supervisors should be aware of in case of emergency (eg. diabetes, epilepsy, asthma, etc.)**

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Central Fitness Program

Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Date: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

2 SMART fitness Goals:

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

*Complete the exercises* ***in order*** *and go through the daily* ***exercises twice (two sets)***

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Monday | Tuesday | Wednesday | Thursday | Friday |
| Pull-ups  (max)  # \_\_\_\_\_ | Push-ups  (max)  # \_\_\_\_\_ | Spin Bike Moderate Resistance 15min | Pull-ups  (max)  # \_\_\_\_\_ | Push-ups  (max)  # \_\_\_\_\_ |
| Pull-downs  (12 reps)  Weight\_\_\_\_\_\_ | Dips (Ground)  (max)  # \_\_\_\_\_ |  | Pull-downs  (12 reps)  Weight\_\_\_\_\_\_ | Dips  (max)  # \_\_\_\_\_ |
| Bicep Curls  (12 reps)  Weight \_\_\_\_\_\_\_ | Bench press  (12 reps)  Weight \_\_\_\_\_ |  | Bicep Curls  (12 reps)  Weight \_\_\_\_\_\_\_ | Bench press  (12 reps)  Weight \_\_\_\_\_ |
| Squats  (12 reps)  Weight \_\_\_\_\_\_\_ |  | Squats  (12 reps)  Weight \_\_\_\_\_\_\_ |  | Squats  (12 reps)  Weight \_\_\_\_\_\_\_ |

Tips:

* Have a glass of milk after each workout to promote muscle growth
* Do something active for at least 60min on your non-workout days
* Work out with a friend
* Mark the weight you are lifting down on your sheet