

MATERIALS NEEDED FOR MR. HENDRY'S WEIGHT TRAINING CLASS

The materials needed for Mr. Hendry's weight training class are very important to have. These items are either for the purpose of keeping you safe and comfortable and/or to help you with your organizational skills and responsibility.

REQUIRED FOR CLASS EVERYDAY:

- **T-shirt with sleeves, gym shorts or sweats, socks and gym shoes** (as stated in classroom requirements)
- **Combination Lock** (for boys only) (preferably a "heavy duty" lock) (all locker numbers and combos need to be given to Mr. Hendry) (If you switch lockers, lose your lock, forget your combo, let Mr. Hendry know ASAP)
- **Weight Training Log Book and pencil** (a weight training log book is where you will record everything you've done in class and it's a good place to take notes) (they will be turned in at the end of the semester for a grade - 200pts) (**log books with everything you will need will be handed out on the first day of class**). (you will only get one book so if you lose it, you will need to create your own using a 1-inch three ring binder or folder and include the items listed below – in order) (most files are available on www.coachhendry.com)
 - Cover Page (include the name of your class, semester, your full name and class period)
 - About the Class
 - Classroom Procedures
 - Grading Requirements
 - Materials for Class
 - Health Requirements
 - Weightroom Rules & Safety
 - Course Standards
 - Class Schedule
 - Warm-up Routines
 - Fitness Test Record Sheet & Grading Scale
 - Personal Workout / Max-out Form
 - Strength Max Conversion Chart
 - Personal Goal-Setting Worksheet
 - Daily Log Sheet (one for each day of class)
 - List of Exercises
 - Core Exercise Handouts (Squat, Power Clean and Bench Press)
 - Weightlifting Percentage Chart (can get from www.strengthtech.com)
 - Stevens Weights Poundage Chart
 - Muscle Chart
 - Back Page

OTHER MATERIALS STRONGLY RECOMMENDED:

- **Water Bottle** (water breaks are limited - so a water bottle is strongly encouraged)
- **Weightlifting Gloves** (gloves are great pieces of equipment to have for all the pulling movements that we do in class as they provide protection for your hands and give you a better grip of the bars)
- **Disinfecting Wipes and/or Hand Sanitizer** (we gladly accept these items to allow the students to wipe down benches, machines, equipment and hands after each class period) (Help prevent the Flu, Cold and MRSA)

For more information and links to everything you will need - go to www.coachhendry.com