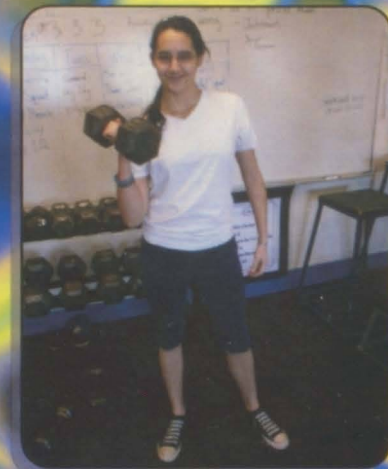


Physical Education

HA, THIS IS EASY! *Klayton Kremer* shows us how well he can do squats.



GO, GO, GO! *Dennis Schipper* pushes himself to the limit while bench pressing.



GIRL POWER *Sarah Mora* shows us that girls can do everything that guys can do.

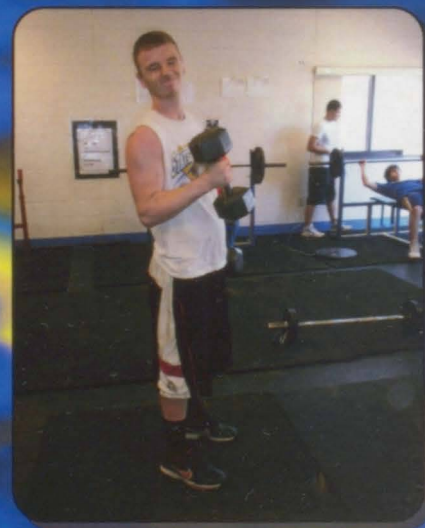
USE YOUR LEGS! Deadlifting is *Savannah Burgess's* favorite thing to do in Strength Training.



WE'RE BUFF! After doing Insanity, *Carl Wilson* and *Tyler Skaryd* show off their muscles.



GRRR Lifting is one of *Corey Copeman's* favorite things to do to beef up for sports!



I CAN DO IT! *Jenna Gross* shows her lifting skills.