

X P.E.



Parenting or teaching? *Mrs. Smith* takes her teaching skills to the extreme and pushes her son, *Daniel Smith* to the limit.



No flex zone *Colton Swanchara, Mitchell Burlingame, Cole Welch, Austin Edel, and Bailey Felton* show just how beneficial their lifting program has been.



Stretcchh *Trevin Gavenda* reaches as far as he can on the battle rope past half court. Needless to say, that is a good stretch.