



PRESS Cameron Alvarez works out with some fifteen pound weights.



Must be the Boots Trevin Gavenda shows the class how to do pull-ups with extra weight of work boots.



Push
McCoy
Meseraull
shows off his
push-up form
in the gym.



A Little More Tyler Johnson encourages a little more effort in that press.



Elbow In Collin Doloff shows off his basketball skills during gym.