

ROBINSON WEIGHT TRAINING



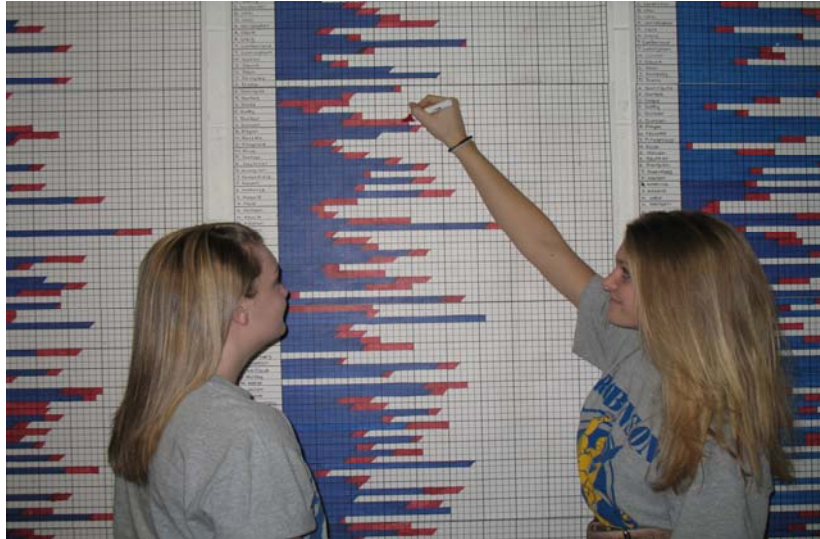
Robinson offers beginning (Weight Training I) and advanced level (Weight Training II) courses. The Robinson Weight Training staff is dedicated to providing students with a curriculum based on the premise of promoting wellness through resistance training. The Weight Training curriculum benefits the fitness enthusiast as well as the competitive athlete who will be able to learn sports specific exercises to reach their fullest potential in and out of season. The Robinson approach toward exercise will provide a rewarding and beneficial introduction to the life-long activity of weight training.

TRAINING



Students train together following prescribed periodized step-by-step workouts. The workout routines utilize the most current training concepts and techniques in order to promote safe and optimum results.

GOAL SETTING



Each student strives to obtain curriculum and personal goals. Progress is recorded and monitored on achievement charts and training logs.

CLUBS



The Robinson weight training facility is open after school as well to provide all Robinson students' additional training time. Our supervising volunteer staff is readily available to assist in workout development and explanation. Students also have the opportunity to represent Robinson in club sponsored co-ed strength competitions against other Northern Region High Schools. At Robinson, we have a rich tradition in our club strength events.

FACILITY



The J.W. Robinson weight room, housed on the west end of the field house, provides Robinson students with one of the finest strength and conditioning facilities in the area. The state-of-the-art facility has a varied collection of free weights complemented by an array of nautilus and universal equipment, making it one of the best equipped and most functional complexes in the state.